

# A Salutary Gift to The Young Muslimah

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Preparing Her on Her Journey  
to Puberty and Womanhood.

Compiled by:  
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Al-Ōkīnīyyah An-Nījīrīyyah  
وَفِقْهَا اللَّهُ

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## **INTRODUCTION**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All praise is due to Allaah, we praise Him, seek His help and forgiveness. We return to Him alone in repentance, and we seek refuge in Allaah from the evil of ourselves and from our wrong deeds. Whosoever Allaah guides there is none who can misguide, and whosoever Allaah misguides there is none who can guide him.

I bear witness that there is no god worthy of being worshipped in truth except Allaah Who is free from any partners or associates. I bear witness that Muhammad is the true slave that should not be worshipped and messenger of Allaah that should not be belied  
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ.

As to what follows,

Allaah says:

وَتَرَوُدُواْ فَإِنَّ خَيْرَ الْزَّادِ التَّقْوَىْ وَأَنَّقُونَ يَأْوِي الْأَلَبِبُ

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And take a provision (with you) for the journey, but the best provision is At-Taqwa (piety, righteousness, etc.). So, fear Me, O men of understanding!

-Surah Al-Baqarah, Ayah 197

The book before you is titled: "A Salutary Gift To The Young Muslimah: Preparing Her on Her Journey to Puberty and Womanhood" was intended as course material for a two (2) day workshop.

This is a gift to the young Muslimah preparing her for adulthood in its various set ups.

Having taught the course in various states, we decided to come up with a comprehensive material that would be used during these workshops. We also intend that it can serve as a guide to other parents or guardians to teach their respective tweens, teens and young Muslimahs about these topics.

I seek the face of Allaah with this work and I pray He accepts it.

I ask Him to make it beneficial to the Ummah.

I ask Him to grant us all success to what He loves and He is pleased with.

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الحمد لله الذي بنعمته تم الصالحات

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وفقها الله

Yawmul-Juma'ah, 26 Shawwaal 1443.

Friday, 27 May 2022.

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# **1. Sublime Beautifications In Knowledge Etiquettes.**

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THE SUBLIME BEAUTIFICATIONS IN  
KNOWLEDGE ETIQUETTES

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## SUBLIME BEAUTIFICATIONS IN KNOWLEDGE ETTIQUETES.

Shaykh Abuu I-Yamaan Adnaan Ibn Husayn Al-Masqaree حفظه  
ورعاه said: ﷺ

### Introduction

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All praises are to Allaah and prayers and peace be upon the Messenger ﷺ of Allaah, as to what follows:

These are recommendations to the student of knowledge; it is essential that he accompanies with it in his seeking for knowledge.

I wrote it responding to some brothers – May Allaah preserve them all- and cooperating upon all good and righteousness.

### Firstly (Sincerity):

That he should be sincere to Allaah in his seeking for knowledge and working with it due to the statement of Allaah:

فَاعْبُدِ اللَّهَ مُخْلِصًا لَّهُ آلَّدِينَ

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Thus, worship Allah (Alone) by doing religious deeds sincerely for Allaah's sake only, (and not to show-off, and not to set up rivals with Him in worship).

-Surah Az-Zumar, Ayah 2

Allaah says:

وَآعْبُدُوا اللَّهَ وَلَا تُشْرِكُوا بِهِ شَيْئًا

Worship Allaah and join none with Him in worship,

-Surah An-Nisa', Ayah 36

And seeking for knowledge is from the most tremendous Ibaadat and most virtues means of drawing close (to Allaah).

**Secondly (Mutaba'ah):**

He should stick to Mutaba'ah of the Messenger ﷺ of Allaah in his actions, and hold firmly to his Sunnah, and he should stay far away from bida' [plural of bid'ah], for verily, it destroys knowledge and its Baraakah leaves, Allaah the Most High says:

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوْكُمْ أَيُّكُمْ أَحْسَنُ عَمَالًا وَهُوَ الْعَزِيزُ الْغَفُورُ

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[It is He] Who has created death and life, that He may test you which of you is best in deed. And He is the All-Mighty, the Oft-Forgiving;

-Surah Al-Mulk, Ayah 2

Meaning: the sincerest of it[deeds] and the most correct of it.

The student of knowledge should not do tamyee<sup>1</sup> and he should not study in other than the maraakiz of ahlus Sunnah wal Jama'ah like the maraakiz and universities of hizbiyyeen<sup>2</sup> and ahlul bida'.

For verily, holding firmly to the Sunnah and hating the ahlul bida' is from the greatest of reasons for the entering of the light of the Sunnah and knowledge into the heart and distancing it far away from doubts and desires.

### *Thirdly (Seeking the Permission of the Parents):*

He should seek the permission of his parents<sup>3</sup>, for verily this is from goodness and from the Baraakah of knowledge, for if they

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<sup>1</sup> Tamyeen is defined as: Turning away from the truth wavering on it. In other words, He wants to take a middle cause between hizbiyyah and salafiyah while he is closer to hizbiyyah in reality. Shaykh Yahyaa.

<sup>2</sup> Hizbiyyah is defined as: an action of a group of people who oppose the Qur'aan and Sunnah upon the understanding of the Pious predecessors.

<sup>3</sup> The evidence for Permission from parents: Abdullaah ibn 'Amr ibn al -'Aas رضي الله عنهم narrated :

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both permit you, then that is good for you, and if not then he should return to them both and be excellent in his companionship if they both need it<sup>4</sup>.

### Fourthly (Implementation of what he learns):

Working with all the knowledge learnt, and all the Sunnah he knows about, this, in this is a tremendous benefit, Allaah says:

أَفْلَمْ رَجُلٌ إِلَى نَبِيِّ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَقَالَ: أَبَا يَعْلَمْ عَلَى الْهِجْرَةِ وَالْجِهَادِ؛ أَبْتَغِي الْأَجْرَ مِنَ اللَّهِ. قَالَ: "فَهُنَّ مِنْ وَالَّذِي أَحَدُهُ؟" قَالَ: نَعَمْ، بَلْ كِلَاهُمَا. قَالَ: "فَتَبَتَّغِي الْأَجْرَ مِنَ اللَّهِ؟" قَالَ: نَعَمْ. قَالَ: "فَارْجِعْ إِلَى وَالَّذِي فَاحْسِنْ صَحْبَتَهُمَا." .

That a man came to the Prophet of Allaah and said:

"I give you my oath of allegiance, promising to migrate and fight in jihad, seeking the reward of Allaah." He said, "Are either of your parents alive?" He said, "Yes, both of them." He said, "And do you want to seek the reward of Allaah?" He said, "Yes." He said, "Then go back to your parents, and keep good company with them."

Muslim 2549 narrated it.

As for the woman, she needs the permission of the husband:

{الرِّجَالُ قَوْمٌ عَلَى النِّسَاءِ بِمَا فَضَلَ اللَّهُ بَعْضَهُمْ عَلَى بَعْضٍ وَبِمَا أَنْفَقُوا مِنْ أَمْوَالِهِمْ}

[سُورَةُ النِّسَاءِ: ٣٤]

"Men are the protectors and maintainers of women, because Allaah has made one of them to excel the other, and because they spend (to support them) from their means"

[al-Nisaa' 4:34]

<sup>4</sup> The Evidence that if the parents don't need his companionship ie they give him permission: It was reported from Abu Sa'eed رضي الله عنه that

أَنَّ رَجُلًا هَاجَرَ إِلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مِنَ الْيَمَنِ، فَقَالَ: "هَلْ لَكَ أَحَدٌ بِالْيَمَنِ؟" قَالَ: "أَبُوَايِّ. قَالَ: "أَدْنَا لَكَ؟" قَالَ: لَا. قَالَ: ارْجِعْ إِلَيْهِمَا فَاسْتَأْنِنْهُمَا، فَإِنْ أَدْنَا لَكَ فَجَاهَدْ، وَإِلَّا فَبِرَّهُمَا .

"a man migrated to the Messenger of Allaah صلى الله عليه وسلم from Yemen. He [the Prophet] said, 'Do you have anyone in the Yemen?' He said, 'My parents.' He said, 'Did they give you permission?' He said, 'No.' He said, 'Then go back to them and ask their permission. If they give you permission, then go for jihaad, otherwise honor them.'"

Abu Dawood 2530 authenticated by Shaykh Al-Albaanee.

وَقُلِّ أَعْمَلُوا فَسَيَرِي اللَّهُ عَمَلَكُمْ وَرَسُولُهُ وَالْمُؤْمِنُونَ وَسَتُرَدُونَ إِلَى عَلِمِ الْغَيْبِ  
وَالشَّهَدَةِ فَيُنَبَّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ

And say (O Muhammad ﷺ) "Do deeds! Allaah will see your deeds, and (so will) His Messenger and the believers. And you will be brought back to the All-Knower of the unseen and the seen. Then He will inform you of what you used to do."

-Surah At-Tawbah, Ayah 105

#### Fifthly (Guarding Ones Time):

Serious adherence upon preserving your time<sup>5</sup> and striving in seeking knowledge and avoiding loving the Dunyaa and anxious to its ends. He should only seriously adhere to not amassing in it.

<sup>5</sup> The evidence that one should properly manage his Time: It was narrated from Ibn Mas'ood رضي الله عنه that the Prophet ﷺ said: Abu Barzah Al-Aslami narrated that the Messenger of Allah ﷺ said:

"لَا تَرُوْلُ قَدْمًا عَبْدٌ يَوْمَ الْيَقِيمَةِ حَتَّى يُشَأَّنَ عَنْ عُمْرِهِ فِيمَا أَفْنَاهُ، وَعَنْ عِلْمِهِ فِيمَا قَعَلَ، وَعَنْ مَالِهِ مِنْ أَنْتَسِبُهُ وَفِيمَا أَنْفَقَهُ، وَعَنْ جَسْمِهِ فِيمَا أَبْلَاهَ".

"The feet of the slave of Allah shall not move [on the Day of Judgement] until he is asked about five things: about his life and what he did with it, about his knowledge and what he did with it, about his wealth and how he earned it and where he spent it on, about his body and for what did he wear it out."

Tirmidhi, 2417 narrated it and graded as Hasan by al-Albaani in Saheeh Al-Tirmidhi.

Ibn Abbass رضي الله عنهما narrated that Allah's Messenger ﷺ said:

"يَعْمَلُانِي مَغْبُونٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ؛ الصَّحَّةُ وَالْقِرَاعُ".

"There are two blessings which many people do not make the most of and thus lose out: good health and free time."

Bukhaari 6412 narrated it.

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So, he should take from what will assist him in his seeking of knowledge and leave off what doesn't benefit him.

### Sixthly (Avoiding Arrogance):

Seeking consultation in seeking knowledge and avoiding being arrogant<sup>6</sup> in that due to the statement of Allaah:

وَشَارِهِمْ فِي الْأَمْرِ فَإِذَا عَزَّمْتَ فَتَوَكَّلْ عَلَى اللَّهِ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ

And consult them in the affairs. Then when you have taken a decision, put your trust in Allaah, certainly, Allaah loves those who put their trust (in Him).

-Surah Aal-E-Imran, Ayah 159

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<sup>6</sup> The Evidence for not being arrogant when seeking knowledge:

بابُ الْخَيَاءِ فِي الْعِلْمِ. وَقَالَ مُجَاهِدٌ : لَا يَتَعَلَّمُ الْعِلْمُ مُشْتَغِيٌ وَلَا مُسْتَكْبِرٌ، وَقَالَتْ عَائِشَةُ : يَقْعُدُ النِّسَاءُ نِسَاءُ الْأَنْصَارِ، لَمْ يَمْتَغِهْنُ الْخَيَاءُ أَنْ يَتَفَقَّهُنَّ فِي الدِّينِ.

Mujahid said:

A shy and an arrogant person cannot learn.

Aaishah رضي الله عنها said:

Wonderful are the women of Ansaar, their shyness didn't prevent them from Learning.

Found in Sahih ul-Bukhari.

Allaah سبحانه وتعالى said:

{ سَأَصْرِفُ عَنْ ءَايَتِيَ الَّذِينَ يَتَكَبَّرُونَ فِي الْأَرْضِ يَعْبُرُ الْحَقَّ وَإِنْ يَرَوْا كُلَّ ءَايَةٍ لَا يُؤْمِنُوا بِهَا }

[ سُورَةُ الْأَعْرَافِ: ١٤٦ ]

I shall turn away from My Ayat (verses of the Quran) those who behave arrogantly on the earth, without a right, and (even) if they see all the Ayat (proofs, evidences, verses, lessons, signs, revelations, etc.), they will not believe in them.

Surah Al-A'raaf 146

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### **Seventhly (Avoiding Envy and Disrespect for the one above him):**

Avoiding envy and disrespect<sup>7</sup> for the one Allaah has opened more knowledge above him, for verily this is from what annihilates knowledge and corrupts it, WaLlaahul Musta'aan.

### **Eighthly (Displaying Proper Manners with the Teacher):**

Showing proper manners with the teacher<sup>8</sup>, Shaykh and the one who is higher than him, for verily this is what causes expansion of the heart for the teacher and his love of knowledge for the student.

### **Ninthly (Avoiding Laziness):**

He should not be lazy in doing compulsory ibaadat and mustahabaat (encouraged ones)<sup>9</sup> and he should increase in

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<sup>7</sup> The Evidence for Avoiding envy and disrespect: Allaah says:

(ذَلِكَ وَمَن يُعَظِّمْ سَعْيَهُ أَنْ لَهُ فِي أَنْفُسِهِ مِنْ شُكُورٍ أَلْفُلُوبِ)

[سورة الحج 32]

That [is so]. And whoever honors the symbols of Allah - indeed, it is from the piety of hearts.

Ubaadah ibn ul-Soomit narrated that The Prophet ﷺ said:

لَيْسَ مِنْنَا مَنْ لَمْ يُحِلْ كَبِيرًا وَيَرْحَمْ صَغِيرًا وَيَعْرِفْ لِعَالَمَنَا حَقَّهُ

He is not from us who doesn't respect our elderly ones, nor have mercy on our young ones nor acknowledge the rights of our scholars.

Ahmad brought it in his musnad.

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<sup>8</sup> The Evidence for Displaying Proper Manners with the Teacher is same as point 7.

<sup>9</sup> The Evidence for doing a lot of Ibaadah:

{إِنَّا نَحْنُ نَرِكُنُّا عَلَيْكُ الْقُرْآنَ تَنْزِيلًا}

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nawaafil and should do qiyaamu layl and Dhikr and his dua and seeking forgiveness. And ibaadah has a great effect in obtaining the sciences and easing difficulties, Allaah the most High says:

وَآسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ

And seek help in patience and As-Salat (the prayer)

-Surah Al-Baqarah, Ayah 45

### Tenthly (Gradual Progression in Seeking Knowledge):

Gradual progression in seeking knowledge<sup>10</sup>, for verily, this is of importance, he should not rush to emerge, research or read

[سُورَةُ الْإِنْسَانِ: ٢٣]

{ قَاصِرٌ لِحُكْمِ رِبِّكَ وَلَا يُطِيعُ مِنْهُمْ عَائِمًا أَوْ كُفُورًا }

[سُورَةُ الْإِنْسَانِ: ٢٤]

Verily! It is We Who have sent down the Quran to you (O Muhammad SAW) by stages.

Therefore, be patient (O Muhammad SAW) and submit to the Command of your Lord (Allah, by doing your duty to Him and by conveying His Message to mankind), and obey neither a sinner nor a disbeliever among them.

وَأَنْقُوا أَلَّهَ وَيَعْلَمُكُمْ أَلَّهُ وَاللَّهُ يَعْلَمُ شَيْءَ عَلِيمٌ

[سُورَةُ الْبَقَرَةِ: ٢٨٢]

So have taqwaa of Allaah; and Allah will teach you. And Allah is the All-Knower of each and everything.

<sup>10</sup> The evidence for Gradual progression in seeking knowledge:

{ وَقُرْءَةً أَنَا فَرَقْتُهُ لِتَقْرِأَهُ عَلَى النَّاسِ عَلَى مُكْثٍ وَرَزَّانِهِ تَرْزِيلًا }

[سُورَةُ الْإِسْرَاءِ: ٦]

And (it is) a Quran which We have divided (into parts), in order that you might recite it to men at intervals. And We have revealed it by stages. (In 23 years).

{ وَقَالَ الَّذِينَ كَفَرُوا لَوْلَا نُزِّلَ عَلَيْهِ الْفُرْقَانُ أَنْ جَمِيلٌ وَجَدَهُ كَذَلِكَ لِتُنَبَّهَ إِلَيْهِ فُقَادَكَ وَرَزَّانِهِ تَرْزِيلًا }

[سُورَةُ الْفُرْقَانِ: ٣٢]

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expansive explanations (of books) before perfecting the auxiliary sciences, which he will understand the knowledge of the sharee'ah sciences in a correct understanding that is safe from Aqeedah slips, Fiqh escapades, Nahwu flaws, tajweed indulgence and stubborn mistakes, and imlaa mistakes.

May Allaah grant us and you success to what He is pleased with and make our actions sincerely for His Honorable Face. And make it seeking His pleasure and Jannah and guarding from His fire and His anger.

Reference:

How You Should Seek For Knowledge.

Written By:

Abuu I-Yamaan Adnaan Ibn Husayn Al-Masqaree HA.

Translated and Footnotes by:

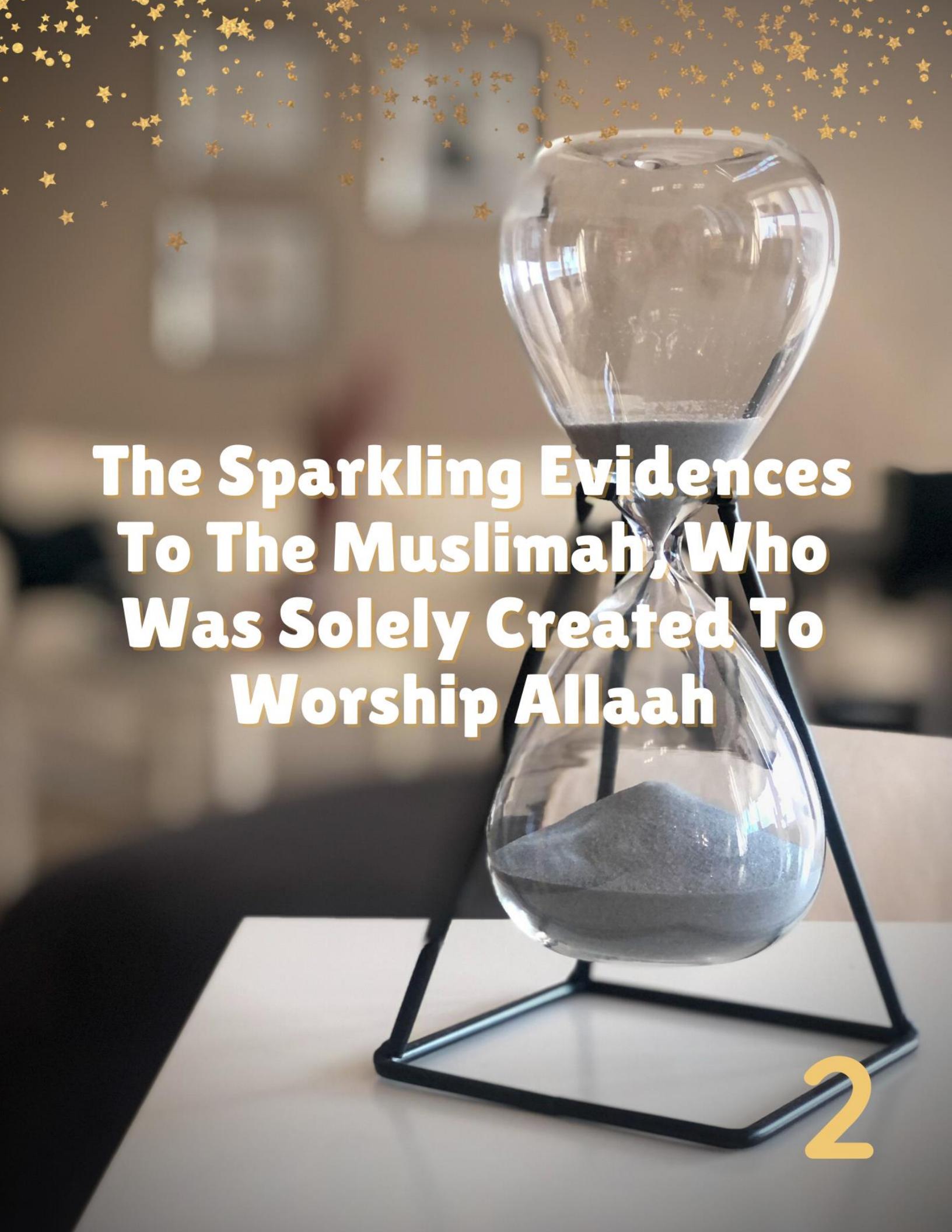
Abū Juwayriyah Nūruddīn ibn Sulaymān ibn Hārūn Al-‘Idī An-Nījīrī وفقه الله

End of this part with all thanks to Allaah.

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And those who disbelieve say: "Why is not the Quran revealed to him all at once?" Thus (it is sent down in parts), that We may strengthen your heart thereby. And We have revealed it to you gradually, in stages. (It was revealed to the Prophet in 23 years).

## **2. The Sparkling Evidences To The Muslimah, Who Was Solely Created To Worship Allaah.**



# **The Sparkling Evidences To The Muslimah, Who Was Solely Created To Worship Allaah**

## THE SPARKLING EVIDENCES TO THE MUSLIMAH, WHO WAS SOLELY CREATED TO WORSHIP ALLAAH.

بسم الله الرحمن الرحيم

### Introduction

Allaah تَعَالَى says:

{ وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَنَ إِلَّا لِيَعْبُدُونِ }  
[سُورَةُ الدَّارِيَاتِ: ٥٦]

And I(Allaah) didn't create mankind nor jinns except that they should worship Me Alone.

Adh-Dhaariyaat 56

From the Sunnah:

Aaishah رضي الله عنها narrated that Allaah's Messenger صلَّى اللهُ عَلَيْهِ وَسَلَّمَ said:

نَعَمْ إِنَّمَا النِّسَاءُ شَقَائِقُ الرِّجَالِ

Woman are counterpart of men.

Sunan Abi Dawud 236 transmitted it and authenticated by Al-Albaanee.

This shows that any command for men applies to the women, except otherwise stated.

### Question 001

Who is a Muslimah?

### Answer

A Muslimah is a female slave of Allaah who surrenders to Allaah by singling Him alone in worship, submitting to Him in obedience and leaving off Shirk and its people.

The evidence is Allaah's statement:

فَإِلَهُكُمْ إِلَهٌ وَاحِدٌ فَلَهُ أَسْلِمُوا وَبَشِّرِ الْمُخْتَيِّنَ

“Thus, your deity of worship is One Alone. Therefore, submit to Him and give glad tidings to the good-doers.”

[Surah Al-Hajj: 34]

And Allaah says:

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ

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“Oh you who believe! Have Taqwaa of Allaah as you ought to have for Him and do not die except while you are Muslims.”

[Surah Aali 'Imraan: 102]

### Question 002

What is the most important Pillar of the Muslimah 's Deen?

### Answer

The most important Pillar of the Muslimah 's Deen is the kalimatu shahaadah:

Laa Ilaaha Illa Llaah, Muhammadu Rasoolu Llaah.

The evidence is the hadeeth of Ibn 'Abbass رضي الله عنهم who said:

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِمُعَاذِ بْنِ جَبَلَ حِينَ بَعَثَهُ إِلَى الْيَمَنِ : " إِنَّكَ سَتَأْتِي قَوْمًا مِنْ أَهْلِ الْكِتَابِ، فَإِذَا جِئْتَهُمْ فَادْعُهُمْ إِلَى أَنْ يَشْهُدُوا أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَأَنَّ مُحَمَّدًا رَسُولُ اللَّهِ .

The Messenger of Allaah صلى الله عليه وسلم said to Mu'aadh Ibnu Jabal when he sent him to Yemen:

“You are going to a group of people from the Jews and the Christians. So, if you get to them, let the first thing you should

call them to be the shahaadah Laa Ilaaha Illa Ilaah and that  
Muhammad Rasoolu Ilaah.

Bukhari 4347 and Muslim 19 transmitted it.

### Question 003

What is the true meaning of Laa Ilaaha Illa Ilaah?

### Answer

There is no deity worthy of true worship except Allaah.

The evidence is Allaah's statement:

وَلِكَ بِأَنَّ اللَّهَ هُوَ الْحَقُّ وَأَنَّ مَا يَدْعُونَ مِنْ دُونِهِ هُوَ الْبَطِلُ وَأَنَّ اللَّهَ هُوَ أَعْلَىٰ  
الْكَبِيرُ {  
سُورَةُ الْحَجَّ: ٦٢}

That is because Allaah He is the Truth (the only True God of all that exists, Who has no partners or rivals with Him), and what they (the polytheists) invoke besides Him, it is Batil (falsehood) And verily, Allaah He is the Most High, the Most Great.

### Benefits:

This shows that it doesn't mean there is no god but God or there is no creator except God as some people mistaken.

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### Question 004

What's the greatest of nullifiers of Laa Ilaaha Illa Llaah?

### Answer

Shirk.

The evidence is Allaah's statement:

{ لَقَدْ كَفَرَ الظَّالِمُونَ قَالُوا إِنَّ اللَّهَ هُوَ الْمَسِيحُ ابْنُ مَرْيَمَ وَقَالَ الْمَسِيحُ يَبْنَيَ إِسْرَائِيلَ  
أَعْبُدُوا اللَّهَ رَبِّي وَرَبَّكُمْ إِنَّهُ مَنْ يُشْرِكُ بِاللَّهِ فَقَدْ حَرَمَ اللَّهُ عَلَيْهِ الْجَنَّةَ وَمَا أُنْوَهُ إِلَّا نَارٌ  
وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ }

[سُورَةُ الْمَائِدَةِ: ٧٢]

Verily, whosoever does shirk (in worship), then Allaah has forbidden Paradise for him, and the Fire will be his abode. And for the Zalimun (polytheists and wrong-doers) there will be no helpers.

From the Sunnah, Abdullaah Ibn Mas'eed said: I asked the Prophet : صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

أَيُّ الذَّنْبِ أَعْظَمُ عِنْدَ اللَّهِ ؟ قَالَ :  
" أَنْ تَجْعَلَ لِلَّهِ نِدًّا وَهُوَ خَلَقَكَ ". قُلْتُ : إِنَّ ذَلِكَ لَعَظِيمٌ .

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Which of the sin is the greatest in the sight of Allaah? He said: to place partners with Allaah (in worship) while He created you alone.

I said: then this is indeed tremendous!

Bukhari 4477 and Muslim 86 transmitted it.

### Question 005

What is Shirk?

### Answer

Shirk is to give any form of Ibaadah deserving to Allaah to other than Allaah.

### Benefit

And it is the greatest sin that Allaah doesn't forgive if a person dies while not repenting from it.

### Question 006

Give an example of shirk?

### Answer

Making du'a to other than Allaah.

The evidence is Allaah's statement:

{ وَأَنَّ الْمَسْتَجِدَ لِلَّهِ فَلَا تَدْعُوا مَعَ اللَّهِ أَحَدًا }  
[سُورَةُ الْجِنِّ: ١٨]

And the mosques are for Allaah (Alone), so invoke not anyone along with Allaah.

Question 007

What are the Pillars of Laa Ilaaha Illa Llaah?

Answer:

They are two

1. Negation
2. Affirmation

The evidence is Allaah's statement:

{ وَإِذْ قَالَ إِبْرَاهِيمُ لِأَبِيهِ وَقَوْمِهِ إِنِّي بَرَآءٌ مِّمَّا تَعْبُدُونَ }  
[سُورَةُ الزُّخْرُفِ: ٢٦]

And (remember) when Ibrahim said to his father and his people: "Verily, I am innocent of what you worship,

{ إِلَّا أَلَّذِي فَطَرَنِي فَإِنَّهُ وَسَيَهْدِي مِنْ }  
[سُورَةُ الزُّخْرُفِ: ٢٧]

“Except Him (i.e. I worship none but Allaah Alone) Who did create me, and verily, He will guide me.”

### Question 008

What are its conditions?

### Answer

The Conditions are eight (8) and they are enumerated in the poem below:

علم يقين و إخلاص و صدقك مع محبة و انقياد و القبول لها و زيد ثامنها  
الكفران منك بما سوى الإله من الأشياء قد ألهها

Knowledge, Certainty and Sincerity and your Truthfulness together with Love and Compliance and Acceptance of it.

And in addition is it's eight conditions, Disbelief from you in what is other than the Ilaah (Allaah) from those things which have been deified.

1. 'Ilm (Knowledge) – which negates ignorance

The evidence is Allaah's statement:

{ فَاعْلَمْ أَنَّهُ لَا إِلَهَ إِلَّا اللَّهُ وَأَسْتَغْفِرُ لِذَنْبِكَ وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ }

[سُورَةُ مُحَمَّدٍ: ١٩]

So know (O Muhammad) that La ilaha illa-Llaah (none has the right to be worshipped in truth except Allaah), and ask forgiveness for your sin, and also for (the sin of) believing men and believing women.

رضي الله عنه narrated that the Messenger of Allaah ﷺ said:

"مَنْ مَاتَ، وَهُوَ يَعْلَمُ أَنَّهُ لَا إِلَهَ إِلَّا اللَّهُ دَخَلَ الْجَنَّةَ".

Whoever dies while knowing Laa Ilaaha Illa Llaah has entered paradise.

2. Yaqiin (Certainty) – Which dispels doubt and suspicions.

The evidence is Allaah's statement:

{إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ ءَامَنُوا بِاللَّهِ وَرَسُولِهِ ثُمَّ لَمْ يَرْتَأُوا وَجْهَهُدُوا بِأَمْوَالِهِمْ  
وَأَنفُسِهِمْ فِي سَبِيلِ اللَّهِ أُولَئِكَ هُمُ الْصَّابِرُونَ} [سُورَةُ الْحُجْرَاتِ: ١٥]

Only those are the believers who have believed in Allaah and His Messenger, and afterward do not doubt but strive with their wealth and their lives for the Cause of Allaah. Those ones! They are the truthful.

From the Sunnah, in Sahih muslim 27, Abu Hurayrah رضي الله عنه narrated that the Messenger of Allaah ﷺ said:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَأَنِّي رَسُولُ اللَّهِ، لَا يَلْقَى اللَّهَ بِهِمَا عَبْدٌ غَيْرَ شَاكِرٌ فِيهِمَا إِلَّا دَخَلَ الْجَنَّةَ".

I testify to Laa Ilaaha Illa Llaah and that I am Rasoolu Llaah, no slave meets Allaah with these two statements without doubt except he has entered paradise.

3. Ikhlaas (Sincerity) – which negates Shirk (associating partners with Allaah).

The evidence is Allaah's statement:

{ وَمَا أُمِرُوا إِلَّا لِيَعْبُدُوا اللَّهَ مُخْلِصِينَ لَهُ الَّذِينَ حُنَفَاءٌ وَيُقِيمُوا الصَّلَاةَ وَيُؤْتُوا الزَّكُوَةَ وَذَلِكَ دِينُ الْقِيَمَةِ }  
سُورَةُ الْبَيْنَةِ: [٥]

And they were not commanded, except that they should worship Allaah, and worship none but Him Alone (abstaining from ascribing partners to Him), and perform As-Salat (Iqamat-as-Salat) and give Zakat: and that is the right religion.

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From the Sunnah, in Sahih Bukhari 425 and muslim 263, 'Itbaan Ibn Maalik رضي الله عنه narrated that the Messenger of Allaah ﷺ said:

فَإِنَّ اللَّهَ قَدْ حَرَمَ عَلَى النَّارِ مَنْ قَالَ لَا إِلَهَ إِلَّا اللَّهُ ؛ يَبْتَغِي بِذَلِكَ وَجْهَ اللَّهِ " ١

Verily, Allaah has forbidden the fire for the one who says Laa Ilaaха Illa Llaah, seeking with that the face of Allaah.

### 4. Sidq (Truthfulness) – which negates Hypocrisy.

The evidence is Allaah's statement:

{ وَمِنَ النَّاسِ مَنْ يَقُولُ إِيمَانًا بِاللَّهِ وَبِالْيَوْمِ الْآخِرِ وَمَا هُمْ بِمُؤْمِنِينَ }  
[سُورَةُ الْبَقَرَةِ: ٨]

And of mankind, there are some (hypocrites) who say: "We believe in Allaah and the Last Day" while in fact they believe not.

{ يُخَدِّعُونَ اللَّهَ وَالَّذِينَ ءَامَنُوا وَمَا يَخْدَعُونَ إِلَّا أَنفُسُهُمْ وَمَا يَشْعُرُونَ }  
[سُورَةُ الْبَقَرَةِ: ٩]

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They (think to) deceive Allaah and those who believe, while they only deceive themselves, and they don't perceive (it)!

{ فِي قُلُوبِهِمْ مَرَضٌ فَزَادَهُمْ أَلِيمٌ عَذَابٌ أَلَّهُمْ بِمَا كَانُوا يَكْذِبُونَ }  
[سُورَةُ الْبَقَرَةِ: ١٠]

In their hearts is a disease (of doubt and hypocrisy) and Allaah has increased their disease. A painful torment is theirs because they used to tell lies.

From the Sunnah, in Sahih Bukhari 128 and muslim 32, Anas Ibn Maalik رضي الله عنه narrated that the Messenger of Allaah ﷺ said:

مَا مِنْ أَحَدٍ يَشْهُدُ أَنَّ لَا إِلَهَ إِلَّا اللَّهُ وَأَنَّ مُحَمَّداً رَسُولُ اللَّهِ صَدِقًا مِنْ قَلْبِهِ، إِلَّا حَرَّمَهُ اللَّهُ عَلَى النَّارِ .

There is no one who testifies to Laa Ilaaha Illa Ilaah and that Muhammad Rasoolu Ilaah, truthfully from his heart except Allaah would forbid him from the fire.

### 5. Mahabbah (Love) – which negates hatred.

The evidence is Allaah's statement:

{ وَمِنَ النَّاسِ مَنْ يَتَّخِذُ مِنْ دُونِ اللَّهِ أَنَّدَادًا يُحِبُّونَهُمْ كَحْبِ الْلَّهِ وَالَّذِينَ ءَامَنُواْ أَشَدُّ حُبًّا لِلَّهِ }

[سُورَةُ الْبَقَرَةِ: ١٦٥]

And of mankind are some who take (for worship) others besides Allaah as rivals (to Allaah). They love them as they love Allaah. But those who believe, love Allaah more (than anything else).

From the Sunnah, in Sahih Bukhari 16 and muslim 43, Anas Ibn Maalik رضي الله عنه narrated that the Messenger of Allaah ﷺ said:

"ثَلَاثٌ مَنْ كُنَّ فِيهِ وَجَدَ حَلَاوةَ الْإِيمَانِ : أَنْ يَكُونَ اللَّهُ وَرَسُولُهُ أَحَبَّ إِلَيْهِ مِمَّا سِوَاهُمَا، وَأَنْ يُحِبَّ الْمَرْءَ لَا يُحِبُّهُ إِلَّا اللَّهُ، وَأَنْ يَكْرَهَ أَنْ يَعُودَ فِي الْكُفْرِ كَمَا يَكْرَهُ أَنْ يُقْذَفَ فِي النَّارِ".

There are three characteristics whoever possess them has tasted the sweetness of eemaan:

1. That Allaah and His Messenger are more beloved to him than all else.
2. That he loves a person, and he does not love this person except for Allaah sake.
3. That he hates to return to kufr just as he hates to be hurled into the fire.

6. Inqiyaad (Compliance) – which negates non compliance [to the commands of Allaah].

The evidence is Allaah's statement:

{ فَلَا وَرَبَّكَ لَا يُؤْمِنُونَ حَتَّىٰ يُحَكِّمُوكَ فِيمَا شَجَرَ بَيْنَهُمْ ثُمَّ لَا يَجِدُوا فِي أَنفُسِهِمْ حَرَجًا مِّمَّا قَضَيْتَ وَيُسَلِّمُوا تَسْلِيمًا }

سُورَةُ النِّسَاءِ: [٦٥]

But no, by your Rabb, they can have no (real) Faith, until they make you (O Muhammad) judge in all disputes between them, and find in themselves no resistance against your decisions, and accept (them) with full submission.

7. Qubuul (Acceptance) – which negates repulsion.

{ إِنَّهُمْ كَانُوا إِذَا قِيلَ لَهُمْ لَآءِنَّهُ إِلَّا اللَّهُ يَسْتَكْبِرُونَ }

سُورَةُ الصَّافَاتِ: [٣٥]

Truly, when it was said to them: La ilaha illa-Llah “(none has the right to be worshipped in truth except Allaah),” they puffed themselves up with pride (i.e. denied it).

{ وَيَقُولُونَ أَئِنَّا لَنَارِكُوا إِلَهِنَا لِشَاعِرٍ مَّجْنُونٍ }  
[سُورَةُ الصَّافَّاتِ: ٣٦]

And (they) said: "Are we going to abandon our aalihah (gods) for the sake of a mad poet?

8. Kufr (Disbelief) – disbelieving in everything which is worshipped other than Allaah.

The evidence is Allaah's statement:

{فَمَن يَكْفُرْ بِالْطَّاغُوتِ وَيُؤْمِنْ بِاللَّهِ فَقَدِ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَى لَا أَنْفِصَامَ لَهَا }  
[سُورَةُ الْبَقَرَةِ: ٢٥٦]

Whoever disbelieves in Taghut and believes in Allaah, then he has grasped the most trustworthy handhold that will never break.

From the Sunnah, in Sahih Muslim 23 Abu Maalik Tooriq Ibn Ash-yam رضي الله عنه narrated that the Messenger of Allaah ﷺ said:

"مَنْ قَالَ : لَا إِلَهَ إِلَّا اللَّهُ ، وَكَفَرَ بِمَا يُعْبَدُ مِنْ دُونِ اللَّهِ حَرْمَ مَالُهُ وَدَمُهُ ، وَحِسَابُهُ عَلَى اللَّهِ " .

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Whoever says Laa Ilaaha Illa Llaah and disbelieves in what is worshiped besides Allaah, then, his wealth and his blood would become sacred, and his secret reckoning is upon Allaah.

### Question 009

What is the true meaning of Muhammadu Rasoolu Llaah?

### Answer

There is none deserving to be followed in truth except the Messenger of Allaah, and if other than him is followed without evidence then it's a false following.

### Question 010

What are the Pillars of Muhammadu Rasoolu Llaah?

### Answer

They are 4:

1. Obedience to what he commanded.
2. Affirming to be truthful whatever he informed about.
3. Staying away from what he prohibited.
4. Allaah should not be worshiped except with what he legislated.

The evidence is Allaah's statement:

{ وَمَا آتَيْتُكُمُ الرَّسُولُ فَخُذُوهُ وَمَا نَهَيْتُكُمْ عَنْهُ فَأَنْتُمُ الظَّالِمُونَ إِنَّ اللَّهَ شَدِيدُ الْعِقَابِ }

[سُورَةُ الْحَسْرَةِ: ٧]

And whatsoever the Messenger gives you, take it, and whatsoever he forbids you, abstain (from it), and have taqwaa of Allaah. Verily, Allaah is Severe in punishment.

Allaah says:

هَذَا مَا وَعَدَ الرَّحْمَنُ وَصَدَقَ الْمُرْسَلُونَ

“This is what the Most Merciful (Allaah) has promised (of Resurrection) and the Messengers have spoken the truth.”

[Surah YaaSeen: 52]

From the Sunnah, in Sahih Bukhari 7288 and muslim 1337, ‘Abu Hurayrah رضي الله عنه narrated that the Messenger of Allaah ﷺ said:

"مَا نَهَيْتُكُمْ عَنْهُ فَاجْتَنِبُوهُ، وَمَا أَمْرَتُكُمْ بِهِ فَافْعَلُوا مِنْهُ مَا اسْتَطَعْتُمْ".

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Whatever I prohibit you from doing, stay away from it, and whatever I command with, then, do it to the best of your ability.

Also in Sahih Bukhari 2697 and muslim 1718, Aaishah رضي الله عنه narrated that the Messenger of Allaah ﷺ said:

مَنْ عَمِلَ عَمَلاً لَيْسَ عَلَيْهِ أَمْرُنَا فَهُوَ رَدٌّ .

Whoever does an action not upon our command would have it rejected.

### Question 011

Does a Muslimah live a good honored life?

### Answer

Yes, She gets a good honored life.

Allaah says:

(مَنْ عَمِلَ صَلِحًا مِنْ ذَكْرٍ أَوْ أُنْثَى وَهُوَ مُؤْمِنٌ فَلَنُحْبِيَنَّهُ حَيَاةً طَيِّبَةً وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ)

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Whoever works righteousness, whether male or female, while he (or she) is a true believer (of Islamic Monotheism) verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e. Paradise in the Hereafter).

[Surah An-Nahl 97]

### Question 012

What is her reward in the Hereafter?

### Answer

She gets Al-Jannah as long as she dies upon Eemaan.

{ إِنَّ الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ أُولَئِكَ هُمُ الْمُحْسَنُونَ }  
[ سُورَةُ الْبَيْنَةِ : ٧ ]

Verily, those who believe [in the Oneness of Allaah, and in His Messenger Muhammad (Peace be upon him)) including all obligations ordered by Islam] and do righteous good deeds, they are the best of creatures.

{ جَزَاؤُهُمْ عِنْدَ رَبِّهِمْ جَنَّاتُ عَدْنَ تَجْرِي مِنْ تَحْتِهَا الْأَنْهَرُ خَالِدِينَ فِيهَا أَبَدًا رَّضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ ذَلِكَ لِمَنْ خَشِيَ رَبَّهُ }

Their reward with their Lord is 'And (Eden) Paradise (Gardens of Eternity), underneath which rivers flow, they will abide therein forever, Allaah Well-Pleased with them, and they with Him.  
That is for him who fears his Lord.

From the Sunnah:

Abu Hurayrah narrated that Allaah's Messenger ( ﷺ ) said:

لَا يَدْخُلُ الْجَنَّةَ إِلَّا نَفْسٌ مُسْلِمَةٌ

None will enter Paradise but a Muslim himself/herself.

Bukhari 3062 transmitted it.

End of this part with all thanks to Allaah.

### **3. Charming Illuminations In Reaching Puberty And Being Accountable.**

# CHARMING ILLUMINATIONS IN REACHING PUBERTY AND BEING ACCOUNTABLE

3



## CHARMING ILLUMINATIONS IN REACHING PUBERTY AND BEING ACCOUNTABLE.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

### Introduction

صَلَى اللَّهُ عَلَيْهِ وَسَلَّمَ رَضِيَ اللَّهُ عَنْهُ 'Ali narrated that the Messenger of Allaah said:

رُفِعَ الْقَلْمُ عَنْ ثَلَاثَةِ عَنْ الصَّغِيرِ حَتَّىٰ يَبْلُغَ وَعْنِ النَّائِمِ حَتَّىٰ يَسْتَيْقِظَ وَعْنِ الْمُصَابِ حَتَّىٰ يُكَشَّفَ عَنْهُ.

The Pen has been lifted from three: from the child until he reaches puberty, from the sleeper until he wakes up and from the insane until he regains his sanity.

Musnad Ahmad 940

### Question 013

What is Puberty?

### Answer

Puberty linguistically:

To reach a place.

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Puberty technically:

The end of childhood for a person who now becomes a person of Takleef (who becomes responsible for his/her actions).

Puberty medically:

This is a developmental phase brought about by the action of hormones as part of the maturing process.

Question 014

When is Puberty expected?

Answer

Puberty may occur at the age range of 8yrs to 15yrs.

Question 015

What are the Signs of Puberty?

Answer

From its signs are:

1. Developing Breasts.
2. Growing Pubic Hair.
3. Discharge.
4. Bigger butt.

5. Pimples in some people.
6. The beginning of menstruation.
7. Emission of semen.
8. Armpit hair.
9. Sweat glands produce more.

**Benefit:**

Shaykh Ibn ‘Uthaymeen رحمه الله said:

Puberty is reached with the occurrence of one of the three things in males, namely:

1. Reaching the age of fifteen years.
2. Growth of pubic hair.
3. Emission of manee with desire when awake or asleep.

If one of these three things occurs, then the individual has reached puberty.

In the case of females, a fourth sign is added to this list, namely menstruation. If a female menstruates, even if she is ten years old, then she has reached puberty.

ash-Sharh al-Mumti’ 4/224.

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### Question 016

What are the implications?

### Answer

The beginning of puberty implies some of the following:

1. The beginning of adulthood and accountability with Allaah. Her deeds are now being recorded and she would be responsible for them ie rewarded for a good deed or liable punished for an evil deed.
2. Ability to give birth to children.

### Question 017

Is Being accountable from the Pillars of Eemaan?

### Answer

Yes, eeman in the last day.

Allaah says:

(يَأَيُّهَا الَّذِينَ ءَامَنُوا ءَامِنُوا بِاللَّهِ وَرَسُولِهِ وَالْكِتَابِ الَّذِي نَزَّلَ عَلَى رَسُولِهِ وَالْكِتَابِ الَّذِي أَنْزَلَ مِنْ قَبْلُ وَمَنْ يَكْفُرُ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ وَالْيَوْمَ أَكَّاخِرُ فَقَدْ ضَلَّ ضَلَالًا بَعِيدًا)

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O you who believe! Believe in Allaah, and His Messenger (Muhammad), and the Book (the Qur'aan) which He has sent down to His Messenger, and the Scripture which He sent down to those before (him), and whosoever disbelieves in Allaah, His Angels, His Books, His Messengers, and the Last Day, then indeed he has strayed far away.

[Surah An-Nisa' 136]

### Question 018

What are the Pillars of Eemaan?

### Answer

The Pillars of Eeman are six (6)

1. To believe in Allaah
2. To believe in the Angels
3. To believe in the Prophets
4. To believe in the Books
5. To believe in the day of Judgement
6. To believe in predestination, the good of it and the bad of it.

The evidence for this is: the hadeeth of Umar رضي الله عنه who said: He (ie Jibril) said:

فَأَخْبَرْنِي عَنِ الْإِيمَانِ، قَالَ:

(أَنْ تُؤْمِنَ بِاللَّهِ، وَمَلَائِكَتِهِ، وَكُتُبِهِ وَرُسُلِهِ، وَالْيَوْمِ الْآخِرِ، وَتُؤْمِنَ بِالْقَدَرِ خَيْرٍ وَشَرٍّ)، قَالَ: صَدَقْتَ.

Tell me what Eemaan (belief) is! He (The Prophet صلى الله عليه وسلم) said, Eemaan (belief) is that you believe in Allaah, His Angels, His Books, His Messengers, and the Last Day (The Day of Resurrection), and believe in Qodar (Pre-ordination) whether it is good or bad" He replied, You are have spoken the truth.

Muslim 8 Reported it.

#### Question 019

What are some of her responsibilities?

#### Answer

Amongst the things that become compulsory on her are:

##### 1. Seeking knowledge

On the authority of Anas Ibn Malik the Prophet صلى الله عليه وسلم said:

" طَلَبُ الْعِلْمِ فَرِيضَةٌ عَلَى كُلِّ مُسْلِمٍ "

Seeking knowledge is obligatory upon every Muslim.

Ibn Majah 224 transmitted it.

2. Tawheed and sound Aqeedah.

Due to the hadeeth of Ibn 'Abbaas رضي الله عنهم who said:

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِمُعَاذِ بْنِ جَبَلٍ حِينَ بَعَثَهُ إِلَى الْيَمَنِ : " إِنَّكَ سَتَأْتِي قَوْمًا مِنْ أَهْلِ الْكِتَابِ، فَإِذَا جِئْتَهُمْ فَأَذْعُمُهُمْ إِلَى أَنْ يَشْهُدُوا أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَأَنَّ مُحَمَّدًا رَسُولُ اللَّهِ .

The Messenger of Allaah صلی الله علیه وسلم said to Mu'aadh Ibnu Jabal when he sent him to Yemen:

"You are going to a group of people from the Jews and the Christians. So, if you get to them, let the first thing you should call them to be the shahaadah Laa Ilaaha Illa Llaah and that Muhammad Rasoolu Llaah.

Bukhari 4347 and Muslim 19 transmitted it.

3. Purification which is not limited to:

- How to do proper Wudu for salah.
- Ghusl after wet dreams or emission of semen.
- Ghusl after Menstruation.

4. Salah.

5. Zakah.

6. Sawm (fasting).
7. Hajj.
8. Hijab
9. Etiquettes of adornment, which will be explained more in the fifth section in shaa Allaah.
10. Caution from zinaa and its path: which will be explained more in the sixth section in shaa Allaah.
11. Avoiding an evil companion and not being in evil companionship: which will be explained more in the sixth section in shaa Allaah.

End of this part with all thanks to Allaah.

## **4. The Instinctive Blood Of Menstruation, Which Is Decreed For All The Daughters Of Aadam.**



**THE INSTINCTIVE BLOOD OF  
MENSTRUATION, WHICH IS  
DECREEED FOR ALL THE  
DAUGHTERS OF AADAM**



**THE INSTINCTIVE BLOOD OF MENSTRUATION, WHICH IS  
DECREEED FOR ALL THE DAUGHTERS OF AADAM.**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Introduction**

‘Aaishah رضي الله عنها narrated that the Prophet صلى الله عليه وسلم said:

هَذَا أَمْرٌ كَتَبَهُ اللَّهُ عَلَى بَنَاتِ آدَمَ

“This (Menstruation) is a matter Allaah has decreed for all the daughters of Adam”

Bukhari 5559 transmitted it.

**Question 020**

What is Hayd (menstruation)?

**Answer**

Linguistically, menstruation means: “the pouring and flowing of something”

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Islamically, menstruation refers to: “the natural blood that discharges from a woman during specific times when she reaches the age of puberty.”

### Question 021

What are other types of blood flow?

### Answer

There are three (3) types of blood flow.

1. Menstrual Blood.
2. Postpartum bleeding.
3. Irregular bleeding Also known as Bad Blood.

As for:

1. Menstrual Blood

It has been defined above.

2. Postpartum bleeding

Linguistically, an-Nifaas means blood. Women who have postpartum bleeding are called an-Nufasaa due to the blood flowing from her or due to her being relieved of her burden.

Technically, an-Nifaas is the blood that flows from the womb due to the nearness of childbirth or with its occurrence.

### 3. Irregular bleeding Also known as Bad Blood.

Linguistically, al-Istihaadah refers to the continuous flow of blood from a woman after the days of her regular cycle ended. The blood emerges from a vein called Al-'Aadhil.

Technically, it is the flow of blood in other than its normal time from the bottom of the womb and not from the center of the womb.

### Question 022

What are other types of discharge from the vagina that are not blood?

### Answer

There are three (3) types of discharges from the vagina that are not blood.

1. Manee.
2. Madhi.
3. Wadi.

#### 1. Manee

Is a thin clear sticky fluid that is produced during a lustful stimulation and it cause exhaustion afterwards.

#### 2. Madhi

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Is a thin clear sticky fluid that is produced during a lustful stimulation but it doesn't cause any type of exhaustion afterwards.

### 3. Wadi

Is a white thick fluid that comes out after urination.

#### Question 023

How do I purify myself from the above-mentioned discharges?

#### Answer

You purify yourself from the above-mentioned discharges by:

1. Manee: its purification is to perform Ghusl.
2. Madhi: its purification is to wash the private area and then perform wudu.
3. Wadi: its purification is to wash the private area and then perform wudu.

#### Question 024

At what age does Menstruation begin?

#### Answer

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There is no particular age. It might depend on the nature of the woman and her relatives like her mothers or sisters.

### Question 025

If menstrual blood stains a place or her cloth, what does she do?

### Answer

She washes it up, because it's **Najas** (Filth).

The evidence is what came in the sahihayn (Bukhari 227 and Muslim 291) from the Hadith of Asmaa رضي الله عنها who said:

جاءت امرأة إلى النبي صلى الله عليه وسلم، فقالت: إحدانا يصيّب ثوبها من دم الحينية، كيف تُصنع به؟ قال: تُحْتُه، ثم تَقْرُصُه بالماء، ثم تَنْصَحُه، ثم تُصَلِّي فيه.

“A woman came to the Prophet ﷺ and said: one of us finds on her clothes blood of hyde, what should we do? He said: remove it then wash with water then moisten it then do Salah in it.” It was narrated by Nawawi in the explanation of Muslim (300/3) that the consensus is on the opinion of it being **najaasah**.

Question 026

What are the differences between the bloods of Hyde and Istihaadah?

Answer

- 1) Blood of Hyde (Menstruation): is that which comes out in the state of good health while the Blood of Istihaadah (Irregular Bleeding): it is that which comes out in a state of illness.
- 2) Blood of Hyde (Menstruation): It is a black blood highly red, thick/ repugnant, and it has a smell that is unpleasant while the Blood of Istihaadah (Irregular Bleeding): The nature of istihadah is that it is thin, red, liquid without a foul smell that dries once it appears.
- 3) Blood of Hyde (Menstruation): is habitual and appears once a month for a duration of days according to what is common with the menstruating women while the Blood of Istihaadah (Irregular Bleeding): is irregular and can appear more than once a month or last longer than that.
- 4) Blood of Hyde (Menstruation): prevents salah, fasting and sexual relations while the Blood of Istihaadah (Irregular Bleeding): Does not prevent salah, fasting and sexual relations.

Question 027

What can a menstruating woman do during her period?

Answer

She can:

1. Recite and touch the Qur'aan.

As there is no substantial evidence prohibiting this.

2. Enter the masjid.

3. Do Dhikru/Adhkaar.

‘Aaishah رضي الله عنها narrated:

عَنْ عَائِشَةَ رَضِيَ اللَّهُ عَنْهَا أَنَّهَا قَالَتْ : قَدِمْتُ مَكَّةَ وَأَنَا حَائِضٌ وَلَمْ أَطْلُفْ بِالْبَيْتِ وَلَا بَيْنَ الصَّفَا وَالْمَرْوَةِ، قَالَتْ : فَشَكَوْتُ ذَلِكَ إِلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، قَالَ : " افْعُلِي كَمَا يَفْعَلُ الْحَاجُ، غَيْرَ أَنْ لَا تَطْوِي بِالْبَيْتِ حَتَّى تَظْهُرِي " .

I was menstruating when I reached Mecca. So, I neither performed Tawaf of the Ka`ba, nor the Tawaf between Safa and Marwa. Then I informed Allaah's Messenger (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) about it. He replied, "Perform all the ceremonies of Hajj like the other

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pilgrims, but do not perform Tawaf of the Ka`ba till you get clean (from your menses)."

Al-Bukhari 1650 and Muslim 1211.

### 4. Eating and drinking with one's spouse.

#### Question 028

What can a menstruating woman not do during her period?

#### Answer

She:

1. Cannot do both obligatory and nawafil salah.

The evidence is the hadeeth of Abu Sa'eed Al-Khudree رضي الله عنه said: the Prophet صلى الله عليه وسلم said:

"أَلَيْسَ إِذَا حَاضَتْ لَمْ تُصَلِّ وَلَمْ تَصُمْ ؟"

Isn't it that the one who menstruates doesn't do salah nor fast?

Bukhari 1951 transmitted it.

2. Cannot fast whether it is an obligatory or a naflah fast.

Same evidence as above.

3. Cannot do Tawaf of (circumambulate) the Ka'bah.

‘Aaishah رضي الله عنها narrated that:

دَخَلَ عَلَيَّ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِسَرِيفٍ وَأَنَا أَبْكِي، فَقَالَ : " مَا لَكِ، أَنْفِسْتِ ؟ " . قُلْتُ : نَعَمْ. قَالَ : " هَذَا أَمْرٌ كَتَبَهُ اللَّهُ عَلَى بَنَاتِ آدَمَ، أَفْضِي مَا يَقْضِي الْحَاجُ، غَيْرَ أَنْ لَا تَنْظُفِي بِالْبَيْتِ " . وَضَخَّى رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَنْ نِسَائِهِ بِالْبَقَرِ.

“Allaah’s Messenger صلی الله عليه وسلم entered upon me at Sarif while I was weeping (because I was afraid that I would not be able to perform the Hajj).

He said: ‘What is wrong with you? Have you got your period?’ I replied, ‘Yes.’ He said: ‘This is a matter Allaah has decreed for all the daughters of Adam, so perform the ceremonies of the Hajj as the pilgrims do, but do not perform the Tawaf around the Ka`ba’. Allaah’s Messenger صلی الله عليه وسلم slaughtered some cows as sacrifices on behalf of his wives”

Bukhari 5559 transmitted it.

4. Having relations with one’s husband.

{ وَيَسْأَلُونَكَ عَنِ الْمَحِيضِ قُلْ هُوَ أَذْى فَاعْتَزِلُوا النِّسَاءَ فِي الْمَحِيضِ وَلَا تَقْرَبُوهُنَّ  
حَتَّىٰ يَطْهَرْنَ }

[سُورَةُ الْبَقَرَةِ: ٢٢٢]

They ask you concerning menstruation. Say: that is an Adhaa (a harmful thing for a husband to have a sexual intercourse with his wife while she is having her menses), therefore keep away from women during menses and go not unto them till they have purified (from menses and have taken a bath).

5. Cannot be divorced.

The evidence is when Abdullah ibn Umar رضي الله عنهمـ divorced his wife while she was Menstruating.

أَنَّ عَبْدَ اللَّهِ بْنَ عُمَرَ رضي الله عنهمـ . أَخْبَرَهُ أَنَّهُ طَلَقَ امْرَأَتَهُ وَهُنَّ حَائِضٌ، فَذَكَرَ عُمَرُ لِرَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَتَغَيِّظَ فِيهِ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ثُمَّ قَالَ " لِيُرَا حِجْعَهَا ثُمَّ يُمْسِكُهَا حَتَّى تَظَهُرَ، ثُمَّ تَحِيَضَ فَتَظَهُرَ، فَإِنْ بَدَا لَهُ أَنْ يُطْلَقَهَا فَلْيُطْلِقْهَا طَاهِرًا قَبْلَ أَنْ يَمْسَهَا فَتِلْكَ الْعِدَّةُ كَمَا أَمَرَهُ اللَّهُ " .

So 'Umar informed Allaah's Messenger صلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ of that. Allaah's Messenger became very angry at that and said, "Ibn 'Umar must return her to his house and keep her as his wife till she becomes clean and then menstruates and becomes clean again, whereupon, if he wishes to divorce her, he may do so while she is still clean and before having any sexual relations with her, for that is the legally prescribed period for divorce as Allaah has ordered."

Bukhari 4908 and Muslim 1471

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### Question 029

How does a Muslimah know the end of her menstruation period?

### Answer

A Muslimah knows the end of her menstruation period by two certain signs:

1. The discharge of the Al-Qisot ul-Baydoh (white clear discharge):

A white thread-like discharge that comes out at the end of menstruation.

The evidence is the hadeeth that:

Abu 'Alqamah narrated from his mother the freed slave of Aaishah رضي الله عنها:

كَانَ النِّسَاءُ يَبْعَثُنَ إِلَى عَائِشَةَ أُمِّ الْمُؤْمِنِينَ بِالدُّرَجَةِ، فِيهَا الْكُرْسُفُ، فِيهِ الصُّفْرَةُ مِنْ دَمِ الْحَيْضَةِ، يَسْأَلُنَاهَا عَنِ الصَّلَاةِ، فَتَقُولُ لَهُنَّ: لَا تَعْجَلُنَ حَتَّى تَرِيْنَ الْقَصَّةَ الْبَيْضَاءَ. تُرِيدُ بِذَلِكَ الطُّهُورَ مِنَ الْحَيْضَةِ.

“Some women used to send pads of cotton with traces of yellowish discharge to 'Aaishah رضي الله عنها for the verdict to know whether they had become clean from menses or not) about doing salah and 'Aaishah رضي الله عنها would say:

“Do not be hasty until you see Al-Qisot ul-Baydoh (the white discharge from the womb)”.

---

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Malik 150 brought it in his Muwatto, and it was authenticated by Imam al-Albaani in Irwaa (no. 198).

### 2. Dryness of the womb:

That the menstrual blood stops completely.

### Benefits

After becoming pure, if she sees yellowish or murkish discharge, she disregards this.

She should try to track it through her calendar.

### Question 030

How does a Muslimah purify herself after menstruation?

### Answer

A Muslimah purifies herself after menstruation by performing Ghusl.

صَلَى اللَّهُ عَلَيْهِ وَسَلَّمَ رَضِيَ اللَّهُ عَنْهَا أَいْشَاهُ رَضِيَ اللَّهُ عَنْهَا narrated that the Prophet said:

كَانَ إِذَا اغْتَسَلَ مِنَ الْجَنَابَةِ، بَدَا فَغَسَلَ يَدِيهِ، ثُمَّ يَتَوَضَّأُ كَمَا يَتَوَضَّأُ لِلصَّلَاةِ، ثُمَّ يُدْخِلُ أَصَابِعَهُ فِي الْمَاءِ فَيُخَلِّبُ بِهَا أَصُولَ شَعْرِهِ، ثُمَّ يَصْبُبُ عَلَى رَأْسِهِ ثَلَاثَ غُرَفٍ بِيَدِيهِ، ثُمَّ يُفِيضُ الْمَاءَ عَلَى جَلْدِهِ كُلَّهِ.

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Whenever he (Prophet ﷺ) did Ghusl after Janaabah he started by washing his hands and then performed wudu like that for the salah. After that he would put his fingers in water and massage the roots of his hair with them, and then pour three handfuls of water over his head and then pour water all over his body.

Agreed upon (Bukhari 248 and Muslim 316)

Maymoonah رضي الله عنها said:

وَضَعْتُ لِلنَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَاءً لِلْغُسْلِ، فَغَسَلَ بِدِينِهِ مَرَّتَيْنِ أَوْ ثَلَاثَةِ، ثُمَّ أَفْرَغَ عَلَى شِمَالِهِ فَغَسَلَ مَذَاكِيرَهُ، ثُمَّ مَسَحَ يَدَهُ بِالْأَرْضِ، ثُمَّ مَضْمَضَ، وَاسْتَنشَقَ وَغَسَلَ وَجْهَهُ وَيَدِيهِ، ثُمَّ أَفَاضَ عَلَى جَسَدِهِ، ثُمَّ تَحَوَّلَ مِنْ مَكَانِهِ فَغَسَلَ قَدَمَيْهِ.

I placed water for the bath of the Prophet. He washed his hands twice or thrice and then poured water on his left hand and washed his private parts. He rubbed his hands over the earth (and cleaned them), rinsed his mouth, washed his nose by putting water in it and blowing it out, washed his face and both forearms and then poured water over his body. Then he withdrew from that place and washed his feet.

Agreed upon (Bukhari 257 and Muslim 317 narrated it)

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### Question 031

What is the summary of Ghusl?

### Answer

The Summary of Ghusl is:

1. She washes her hands ie her palms: thrice.
2. Washes her private part with her left hand.
3. She does complete Wudu (in some narrations, excluding her feet).
4. She pours water in her head thrice until it reaches the origin of her hair, and it's not binding on her if she has braids to loosen her hair.
5. she pours water on her body starting from the right side then the left.
6. Washes her feet at another spot.

### Notification

This description is mustahaab not Waajib, were a woman to pour water on the whole of her body with the intention, then it will suffice her.

### Side benefit

This is also the bath you do when you have a wet dream or emission of semen or sexual relations or meeting of the two

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circumcised parts or the stoppage of the blood of nifaas or when a kaafirah becomes a Muslimah.

End of this part with all thanks to Allaah.

## **5. Polishing the Pearls in Cleanliness, Hygiene and Adornment.**



5

**POLISHING THE PEARLS IN  
CLEANLINESS, HYGIENE AND  
ADORNMENT**

## **POLISHING THE PEARLS IN CLEANLINESS, HYGIENE AND ADORNMENT.**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

### **Introduction**

Allaah ﷺ says:

{إِنَّ اللَّهَ يُحِبُّ الْتَّوَّبِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ} [سُورَةُ الْبَقَرَةِ: ٢٢٢]

Truly, Allaah loves those who turn unto Him in repentance and loves those who purify themselves (by taking a bath and cleaning and washing thoroughly their private parts, bodies, for their prayers, etc.).

### **Question 032**

Is Cleanliness a condition of Eemaan?

### **Answer**

Yes, cleanliness is a condition of Eemaan.

Abu Maalik al-Ash'aree reported:

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said:

"الطهور شطر الإيمان"

Cleanliness(purity) is half of faith

Muslim 223 narrated it.

The Tuhoor specifically here means Wudu, and Eemaan means Salah.

Question 033

What is Menstrual well-being?

Answer

Menstrual wellbeing is a state of being healthy, clean and productive during your period.

Question 034

What asbaab/means can she take towards being healthy during my period.

Answer

1. Eat healthy from what you can afford and reduce your stress.

(يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُلُوا مِنْ طَيْبَاتِ مَا رَزَقْنَاكُمْ وَآشْكُرُوا لِلَّهِ إِنْ كُنْتُمْ إِيمَانَ تَعْبُدُونَ)

O you who believe (in the Oneness of Allaah - Islamic Monotheism)! Eat of the lawful things that We have provided you with, and be grateful to Allaah, if it is indeed He Whom you worship.

[Surah Al-Baqarah 172]

2. Stay hydrated. Have at least 8 to 10 glasses of water daily this helps to fighting against bloating and cramps as it flushes in shaa Allaah ta'aalaa.

3. Rest sufficiently.

4. Say the adhkaar and seek medical attention if your pain is unbearable.

From the adhkaar

:

يَضْعُ يَدُهُ عَلَى الَّذِي تَآلَمَ مِنْ جَسَدِهِ، وَيَقُولُ:  
بِاسْمِ اللَّهِ (ثَلَاثَةِ). أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأَحَادِرُ (سَبْعَ مَرَّاتٍ).

He should put his hand on the place of his body which pains him, and then he should say:

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Bismillah

In the name of Allaah. (Three times) 'I seek refuge in Allaah and within His might from the evil that I feel and am wary of.'

(Seven Times)

Muslim (2202) narrated it from the hadith of Uthman ibn Abil 'Aas رضي الله عنه .

And:

اللَّهُمَّ رَبَّ النَّاسِ، أَذْهِبْ الْبَاسَ، اشْفِهِ وَأَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءً  
لَا يُعَادِرُ سَقْمًا

"O Allaah, Lord of the people! Remove the sickness and cure the person for it is you who is the Healer. No healing is of any avail besides Your healing; (Heal them) a healing that leaves behind no illness."

Bukhari (5743) and Muslim (2191) transmitted it.

6. Exercise privately. This can be done in the confinement of your home away from strangers.

(وَقُرْنَ فِي بُيُوتِكُنَّ وَلَا تَبَرَّجْ أَجَاهِلِيَّةَ الْأَوَّلَيْ )

And stay in your houses, and do not display yourselves like that of the times of ignorance,

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### [Surah Al-Ahzab 33]

#### Question 035

How do I stay clean during my period?

#### Answer

You can try to do the following things.

1. Get sanitary pads or cotton pads.

Ensure to dispose pads neatly and change them every 8 hours.

For cotton pads: wash and disinfect properly and change every 3 hours.

2. Keep your underwear and clothes clean.

3. Wash up after every toilet visit and use favorable feminine products you can afford.

4. Choose specific clothing you would wear during your period.

The evidence is the hadeeth of Ummu salama who said:

بَيْنَا أَنَا مَعَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مُضْطَجِعٌ فِي خَمِيلَةٍ حَضَتْ، فَأَنْسَلَتْ  
فَأَخَذْتُ ثِيَابَ حِيَضَتِي، فَقَالَ : " أَنْفِسْتِ ؟ " فَقُلْتُ : نَعَمْ، فَدَعَانِي فَأَضْطَبَجَعْتُ  
مَعْهُ فِي الْخَمِيلَةِ.

While I was lying with the Prophet صلی الله علیه وسلم under a woolen sheet, I got my menses. I slipped away and put on the clothes for menses. The Prophet said, "Have you got your menses?" I replied, "Yes." He called me and I slept with him under the woolen sheet.

Sahih Bukhari 323.

5. Have a bath frequently or at least once a day preferably a warm bath.

### Question 036

How do I stay productive during my period?

### Answer

Know that you may feel a low level of energy and you may find it hard to focus. But as recuperating takes most of the menstrual period, you can stay productive by doing the following:

1. Write out a beneficial productive goal (to achieve), rules/principles and schedule processes then, follow the schedule.

Suggestion:

- 1) Recite the morning and evening adhkaar.
- 2) Recite a hizb of the Qur'aan morning and evening.
- 3) Read a book on Aqeedah.
- 4) Read a book on Menstruation.
- 5) Summarize, simplify and write out a point daily on point 3 and 4 before going to bed.

2. Stay with the Righteous people.

Question 037

What are other cleanliness characteristics?

Answer

1. Using the Siwaak.
2. Shaving the pubic hair at least once every forty days.
3. Shaving the armpit hair at least once every forty days.
4. Clipping the nails at least once every forty days.
5. Circumcision.
6. Shaving mustache and beards for a woman.
7. Istinja.

8. Ghusl after a wet dream or emission of semen or sexual relations or meeting of the two circumcised parts or the stoppage of the blood of nifaas.

The evidences:

Aaishah رضي الله عنها narrated that the Messenger ﷺ said:

"السّوَالُكُ مَظْهَرٌ لِّلْفَمِ، مَرْضَاهُ لِلَّرَبِّ".

The Siwaak purifies the mouth and is pleasing to the Rabb.

Nasaai 5 narrated it.

عَنْ أَبِي هُرَيْرَةَ رِوَايَةً : "الْفِطْرَةُ خَمْسٌ - أَوْ خَمْسٌ مِّنَ الْفِطْرَةِ - الْخِتَانُ وَالْإِسْتِخْدَادُ، وَنَتْفُ الْإِبْطِ وَتَقْلِيمُ الْأَظْفَارِ، وَقَصُّ الشَّارِبِ".

Abu Hurayrah رضي الله عنه said: Allaah's Messenger ﷺ said:

"Five practices are characteristics of the Fitra: circumcision, shaving the pubic region, clipping the nails and cutting the moustaches short (for the man)."

Bukhari 5889 and Muslim 257.

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Aaishah reported: The Messenger of Allaah ﷺ said:

"عَشْرُ مِنَ الْفِطْرَةِ : قَصُّ الشَّارِبِ، وَاعْفَاءُ الْلَّحْيَةِ، وَالسُّوَالُكُ، وَاسْتِنْشَاقُ الْمَاءِ، وَقَصُّ الْأَظْفَارِ، وَغَسْلُ الْبَرَاجِمِ، وَنَتْفُ الْأَبْطِ، وَحَلْقُ الْعَانَةِ، وَانْتِقَاصُ الْمَاءِ ".  
قَالَ زَكَرِيَّاءُ : قَالَ مُضْعَبٌ : وَنَسِيَتُ الْعَاشِرَةَ، إِلَّا أَنْ تَكُونَ الْمَضْمَضَةَ. زَادَ قَتَيْبَةُ :  
قَالَ وَكِيعٌ : انْتِقَاصُ الْمَاءِ، يَعْنِي الْإِسْتِنْجَاءُ. قَالَ أَبُوهُ : وَنَسِيَتُ الْعَاشِرَةَ.

Ten are the acts according to fitra: clipping the moustache, letting the beard grow, using the siwaak, snuffing water in the nose, cutting the nails, washing the finger joints, plucking the hair under the armpits, shaving the pubes and cleaning one's private parts with water. The narrator said: I have forgotten the tenth, but it may have been rinsing the mouth.

Muslim 261.

### Question 038

What is the ruling of Hijaab and its conditions?

### Answer

It ruling is that it's compulsory and its conditions are eight.

I wrote a poem thus:

A poem on the Conditions of the Hijaab

بسم الله الرحمن الرحيم

## **The Conditions of the Hijaab**

### **Introduction:**

All praise is to Allaah, Lord of all creation.

Prayers and salutations Muhammad who has the Praiseworthy Station.

We now move to the talk of the situation:

### **Definition:**

Hijaab linguistically is a screen.

And serves to protects a woman's Deen.

While technically it's a legislated outer garment.

Which covers completely the woman's adornment.

### **Ruling:**

Its ruling is that its compulsory as it came in Ahzaab in the book of all Good.

Our Prophet said it also as found in Tirmidhee narrated by ibn Mas'ud.

### **Conditions:**

The Conditions are eight.

Oh dear sister of faith.

It's that easy, do get it straight.

### **Details of the Conditions:**

The first is that it covers the body in totality.

Not revealing the feet, calves, shin, ziina, yes, not even your beautiful cloth, accept that reality.

This is what Ahzaab brought, lovely sister, it shows its practicability.

The second is to leave it plain.

Designs and fancy decorations should not remain.

Don't do tabarruj, that's not safe nor sane.

As for the third, let's get it neat.

Being thick and opaque is a feat.

Not transparent and not showing what's under it.

Beware of hell, as it has an unbearable heat.

Rather, fulfil this, smell Jannah and enter it.

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The fourth, be conscious

Let it be wide and spacious.

Not tight, nor revealing instead lascious.

Hiding the curves given to you by the Most Gracious.

Follow, oh sister, the Messenger and be righteous.

The fifth oh Mu'minah

Is no fragrance, scent nor aroma.

No perfume on it, Oh Muslimah.

Any stranger scenting these aromas.

Would be that she is a zaaniyah.

The sixth and be intelligent.

Is that, since the male's clothes are apparent.

It should not resemble it, so don't be negligent.

Allaah's mercy is wide, enter it, be diligent.

And be not of those cursed, that's pertinent.

The seventh, oh unique sister be from the Muhsinaat.

It should not resemble the Kaafiraat.

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Being a prohibition from the Messenger of the Lord of the makhluqaat.

The eight and the last is ostentation.

Not to be distinguished by cost nor color that draw attention.

So that on qiyamah, there will be no humiliation.

### **Conclusion**

And the best Hijaab is in our house to stay.

Submission is key, yes dear, hear and obey.

Be steadfast come what may.

For what is with Allaah is far greater than we pray.

Poem written by:

Ummu Hayaa' Haleemah Bint James Al-Okīnīyyah An-Nījīriyah  
وَفِقْهَا اللَّهُ .

### Question 039

Is hijaab a condition for the salah?

### Answer

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Yes, if it is absent, we fear her salah is not going to be accepted if she doesn't come with it.

Due to the hadeeth of Aaishah رضي الله عنها that the Prophet صلى الله عليه وسلم said:

"لَا يَقْبَلُ اللَّهُ صَلَاةً حَائِضٍ إِلَّا بِخِمَارٍ".

Allaah will not accept the salah of a lady who has started menses except with the Khimaar.

Abu Dawud 641 narrated it.

### Question 040

What is the ruling of Tabarruj?

### Answer

Tabarruj is not permissible.

Due to the statement of Allaah تعالى:

(وَقَرِنُ فِي بُيُوتِكُنَّ وَلَا تَبَرَّجْ أَجَهِلِيَّةَ الْأُولَئِكَ)

And stay in your houses, and do not display yourselves like that of the times of ignorance.

[Surah Al-Ahzaab 33].

## Benefit

Tabarruj is to display one's awrah, beauty or adornment to those who are not your muhaarim, in other words it is the act of not wearing the proper hijaab and displaying one's awrah, beauty and adornment.

### Question 041

Who are those permissible to see you without hijaab?

### Answer

They are of categories.

1. Your husband: who can see you absolutely without hijaab.
2. Your mahaarim, boys below seven years and the Muslim women folk: who can see only your neck upwards and your knees downwards.

Allaah says:

{ وَقُل لِّلْمُؤْمِنَاتِ يَغْضِضْنَ مِنْ أَبْصَرِهِنَّ وَيَحْفَظْنَ فُرُوجَهُنَّ وَلَا يُبَدِّلْنَ زِينَتَهُنَّ إِلَّا مَا ظَهَرَ مِنْهَا وَلِيَضْرِبَنَّ بِخُمُرِهِنَّ عَلَى جُبُوبِهِنَّ وَلَا يُبَدِّلْنَ زِينَتَهُنَّ إِلَّا لِبُعْوَلَتِهِنَّ أَوْ ءَابَائِهِنَّ أَوْ ءَابَاءِ بُعْوَلَتِهِنَّ أَوْ أَبْنَاءِ بُعْوَلَتِهِنَّ أَوْ إِخْوَانِهِنَّ أَوْ بَنِي إِخْوَانِهِنَّ أَوْ بَنِي أَخَوَتِهِنَّ أَوْ نِسَائِهِنَّ أَوْ مَا مَلَكُتُ أَيْمَانُهُنَّ أَوْ الْتَّبَاعِينَ غَيْرِ أُولَئِكُمْ مِنَ الرِّجَالِ أَوِ الْطَّفَلِ الَّذِينَ لَمْ يَظْهِرُوا عَلَى عَوَرَاتِ النِّسَاءِ وَلَا يَضْرِبَنَّ بِأَرْجُلِهِنَّ لِيُعَلَّمَ مَا يُخْفِينَ مِنْ زِينَتِهِنَّ وَتُوبُوا إِلَى اللَّهِ جَمِيعًا أَيَّهَا الْمُؤْمِنُونَ لَعَلَّكُمْ تُفْلِحُونَ }

And tell the believing women to lower their gaze (from looking at forbidden things), and protect their private parts (from illegal sexual acts, etc.) and not to show off their adornment except only that which is apparent (like palms of hands or one eye or both eyes for necessity to see the way, or outer dress like veil, gloves, head-cover, apron, etc.), and to draw their veils all over Juyubihinna (i.e. their bodies, faces, necks and bosoms, etc.) and not to reveal their adornment except to their husbands, their fathers, their husband's fathers, their sons, their husband's sons, their brothers or their brother's sons, or their sister's sons, or their (Muslim) women (i.e. their sisters in Islam), or the (female) slaves whom their right hands possess, or old male servants who lack vigour, or small children who have no sense of the shame of sex. And let them not stamp their feet so as to reveal what they hide of their adornment. And all of you beg Allaah to forgive you all, O believers, that you may be successful.

Also the the hadeeth:

عَنْ عَائِشَةَ رَضِيَ اللَّهُ عَنْهَا أَنَّهَا قَالَتْ : جَاءَ عَمِّي مِنَ الرَّضَاعَةِ، فَأَسْتَأْذِنَ عَلَيَّ، فَأَبَيَتْ أَنْ آذِنَ لَهُ حَتَّى أَسْأَلَ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَجَاءَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَسَأَلَتْهُ عَنْ ذَلِكَ، فَقَالَ : " إِنَّهُ عَمُّكِ، فَأَذِنْنِي لَهُ ". قَالَتْ : فَقُلْتُ : يَا رَسُولَ اللَّهِ، إِنَّمَا أَرْضَعْتِي الْمَرْأَةُ وَلَمْ يُرْضِعِنِي الرَّجُلُ ؟ قَالَتْ : فَقَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ : " إِنَّهُ عَمُّكِ، فَلْيَأْتِ عَلَيْكِ ". قَالَتْ عَائِشَةُ :

وَذَلِكَ بَعْدَ أَنْ ضُرِبَ عَلَيْنَا الْحِجَابُ. قَالَتْ عَائِشَةُ : يَحْرُمُ مِنَ الرَّضَاعَةِ مَا يَحْرُمُ مِنَ الْوِلَادَةِ.

‘Aaishah رضي الله عنها narrated:

My foster uncle came and asked permission (to enter) but I refused to admit him till I asked Allaah's Apostle about that. He said, "He is your uncle, so allow him to come in." I said, "O Allaah's Messenger ! I have been suckled by a woman and not by a man." Allaah's Messenger said, "He is your uncle, so let him enter upon you." And that happened after the order of Al-Hijab (compulsory veiling) was revealed. All things which become unlawful because of blood relations are unlawful because of the corresponding foster suckling relations.

Bukhari 5239 and Muslim 1445.

Question 042

Who are not your muhaarim?

Answer

Your cousins, all your in laws except your husband's father upwards and any relatives not mentioned in the ayah of Noor above.

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### Question 043

What are some of the permissible adornments?

Answer

1. Putting on kohl on the eyes.
2. Using Henna.
3. Using jewelries.

**Note:**

All adornment must not be seen by a stranger like her clothes etc.

### Question 044

What are some of the impermissible adornments?

Answer

1. Artificially attaching hair on oneself.
2. Artificially attaching hair for someone else.
3. Shaving the eyebrow.
4. Making spaces between the teeth for beautification.
5. Tattooing people.
6. Those having themselves tattooed.
7. Those who pluck hair from their faces.

## 8. Wearing High heels.

The evidence is the hadeeth in Sahih Muslim 2125 reported by 'Abdullah Ibn Mas'uud

قَالَ لَعَنَ اللَّهِ الْوَاشِمَاتِ وَالْمُسْتَوْشِمَاتِ وَالنَّامِصَاتِ وَالْمُتَنَمِّصَاتِ وَالْمُتَفَلِّجَاتِ لِلْحُسْنِ الْمُغَيْرَاتِ خَلْقَ اللَّهِ .

فَقَالَ عَبْدُ اللَّهِ وَمَا لِي لَا لَعْنُ مَنْ لَعَنَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Who said that Allaah had cursed those women who tattooed and who have themselves tattooed, those who pluck hair from their faces and those who make spaces between their teeth for beautification changing what Allaah has created?

Thereupon 'Abdullah said: Should I not curse one upon whom Allaah's Messenger صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ has invoked curse.

Also, Abu Hurayrah رضي الله عنه said: The Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said:

" لَعَنَ اللَّهِ الْوَاصِلَةَ وَالْمُسْتَوْصِلَةَ، وَالْوَاشِمَةَ وَالْمُسْتَوْشَمَةَ " .

"Allaah has cursed the lady who artificially lengthens (her or someone else's) hair and the one who gets her hair lengthened

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and the One who tattoos (herself or someone else) and the one  
who gets herself tattooed"

Bukhari 5933 and Muslim 2123

The evidence for the last point ie high heels is the statement of  
Allaah : تعالى :

{ وَلَا تُلْقُوا بِأَيْدِيهِكُمْ إِلَى الْتَّهْلُكَةِ وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ }  
[سُورَةُ الْبَقَرَةِ: ١٩٥]

and do not throw yourselves into destruction, and do good.  
Truly, Allaah loves Al-Muhsinun (the good-doers).

End of this part with all thanks to Allaah.

## **6. Guiding The Feelings In Relationships And Responsibilities.**

# 6

## GUIDING THE FEELINGS IN RELATIONSHIPS AND RESPONSIBILITIES



## **GUIDING THE FEELINGS IN RELATIONSHIPS AND RESPONSIBILITIES.**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

### Introduction

Allaah عَزَّ وَجَلَّ says:

{ إِنَّ الْعَهْدَ كَانَ مَسْؤُلًا }  
[ سُورَةُ الْإِسْرَاءِ: ٣٤ ]

Verily! the covenant, will be questioned about.

### Question 045

What's the responsibility of being a Muslimah and the relationship she has with Allaah?

### Answer

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The responsibility of being a Muslimah is to worship Allaah without shirk and the relationship she has with Allaah is that she is a servant of Allaah.

The evidence for this is:

عَنْ مُعَاذٍ رَضِيَ اللَّهُ عَنْهُ قَالَ : كُنْتُ رِدْفَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَلَى حِمَارٍ  
يُقَالُ لَهُ : عُفَيْرٌ، فَقَالَ :

"يَا مُعَاذُ، هَلْ تَدْرِي حَقَّ اللَّهِ عَلَى عِبَادِهِ ؟ وَمَا حَقُّ الْعِبَادِ عَلَى اللَّهِ ؟ ". قَلْتُ :  
اللَّهُ وَرَسُولُهُ أَعْلَمُ. قَالَ : "فَإِنَّ حَقَّ اللَّهِ عَلَى الْعِبَادِ أَنْ يَعْبُدُوهُ وَلَا يُشْرِكُوا بِهِ  
شَيْئًا، وَحَقُّ الْعِبَادِ عَلَى اللَّهِ أَنْ لَا يُعَذَّبَ مَنْ لَا يُشْرِكُ بِهِ شَيْئًا".

The proof for this is the hadeeth where Mu'aadh bin Jabal رضي الله عنه reported that the Prophet ﷺ said: "The right that Allaah has over the servants is that they worship Him alone and not mix any partners with Him (in worship). And the right the servants have over Allaah is that He should not punish anyone that doesn't mix partners with Him in worship."

Agreed upon (Bukhari 2856 and Muslim 30).

### Question 046

What responsibilities do you have as a follower of His Messenger?

### Answer

To obey his Messenger which includes:

Not do zinaa of any form.

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To control the tongue by not to lying, slandering or backbitting.  
Not kill their children by abortion or other ways.

The evidence is Allaah saying:

{ يَا أَيُّهَا الَّذِي إِذَا جَاءَكَ الْمُؤْمِنَاتُ يُبَايِعْنَكَ عَلَىٰ أَن لَا يُشْرِكُنَّ بِاللَّهِ شَيْئًا وَلَا يَسْرِقْنَ وَلَا يَرْجِنَّ وَلَا يَقْتُلْنَ أَوْلَادَهُنَّ وَلَا يَأْتِنَ بِبُهْتَنَ يَقْتَرِينَهُ بَيْنَ أَيْدِيهِنَّ وَأَرْجُلِهِنَّ وَلَا يَعْصِيْنَكَ فِي مَعْرُوفٍ فَبَايِعْهُنَّ وَآسْتَغْفِرُ لَهُنَّ اللَّهُ إِنَّ اللَّهَ غَفُورٌ رَّحِيمٌ }

[سُورَةُ الْمُمْتَحَنَةِ: ١٢]

O Prophet! When believing women come to you to give you the Bai'a (pledge), that they will not associate anything in worship with Allaah, that they will not steal, that they will not commit illegal sexual intercourse, that they will not kill their children, that they will not utter slander, intentionally forging falsehood (i.e. by making illegal children belonging to their husbands), and that they will not disobey you in any Ma'ruf (Islamic Monotheism and all that which Islam ordains) then accept their Bai'a (pledge), and ask Allaah to forgive them, Verily, Allaah is Oft-Forgiving, Most Merciful.

### Question 047

What responsibilities do you have as a daughter?

Answer

Obey your father and mother without disobedience to Allaah whether in shirk or sins.

(وَوَصَّيْنَا الْإِنْسَنَ بِوَلَدِيهِ )

And We have enjoined on man (to be dutiful and good) to his parents.

[Surah Luqman 14]

(وَإِنْ جَاهَدَاكَ عَلَىٰ أَنْ تُشْرِكَ بِي مَا لَيْسَ لِكَ بِهِ عِلْمٌ فَلَا تُطِعْهُمَا وَصَاحِبُهُمَا فِي الْأَرْضِ مَعْرُوفٌ )

"But if they (both) strive with you to make you join in worship with Me others that of which you have no knowledge, then obey them not, but behave with them in the world kindly,"

[Surah Luqman 15]

Ali Ibn Abi Toolib narrated that the Prophet ﷺ said:

" لَا طَاعَةَ لِمَخْلُوقٍ فِي مَغْصِيَةِ اللَّهِ عَزَّ وَجَلَّ ."

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There is no obedience to a created being in disobedience to Allaah. عز وجل.

Ahmad 1095 transmitted it.

### **Benefit**

Endeavor to be your best to them and ask them to make du'a for you always as their du'a is not rejected (if they don't ask for things that are in disobedience to Allaah).

### Question 048

Is it compulsory to have righteous friends?

### Answer

Yes, it is compulsory to have righteous friends.

Due to the hadeeth of Abu Hurayrah رضي الله عنه who said: the Prophet صلى الله عليه وسلم said:

"الرَّجُلُ عَلَى دِينِ خَلِيلِهِ، فَلَيَنْظُرْ أَحَدُكُمْ مَنْ يُخَالِلُ".

A Man is upon the religion of his friend, so let one of you consider whom you befriends.

Abu Dawud 4833.

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### Question 049

Is it permissible to have boyfriend(s)?

### Answer

No, it's not.

Due to the statement of Allaah تَعَالَى

{ فَإِنْ كِحُوهُنَّ بِإِذْنِ أَهْلِهِنَّ وَإِنْ تُوْهُنَّ أُجْوَرُهُنَّ بِالْمَعْرُوفِ مُحَصَّنَاتٍ غَيْرُ مُسَفَّحَاتٍ وَلَا مُتَخَذَّاتٍ أَخْدَانٌ فَإِذَا أَحْصِنَنَّ أَتَيْنَ بِقَحْشَةٍ فَعَلَيْهِنَّ نِصْفُ مَا عَلَى الْمُحَصَّنَاتِ مِنَ الْعَذَابِ ذَلِكَ لِمَنْ حَشِيَ الْعَنْتَ مِنْكُمْ وَأَنْ تَصْبِرُوْا خَيْرٌ لَكُمْ  
وَاللَّهُ غَفُورٌ رَّحِيمٌ }  
[سُوْرَةُ النِّسَاءِ: ٢٥]

Wed them with the permission of their own folk (guardians, Auliya' or masters) and give them their Mahr according to what is reasonable; they (the above said captive and slave-girls) should be chaste, not adulterous, nor taking boy-friends. And after they have been taken in wedlock, if they commit illegal sexual intercourse, their punishment is half that for free (unmarried) women. This is for him among you who is afraid of being harmed in his religion or in his body; but it is better for you that you practise self-restraint, and Allaah is Oft-Forgiving, Most Merciful.

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### Question 050

What do you do when you start feeling attracted to the opposite gender generally?

### Answer

Take the correct steps towards marriage by sharing these feelings with your Father or Walee.

Abu Muusaa said that the Messenger of Allaah ﷺ said:

"لَدِنَّكَاحٍ إِلَّا بِوَلِيٍّ".

There is no valid marriage except with (the permission of) a Walee

Tirmidhi 1101 transmitted it and authenticated by Shaykh Al-Albaanee.

Abdullah Ibn Mas'uud: narrated

We were with the Prophet ﷺ while we were young and had no wealth. So Allaah's Messenger said:

مَعْشَرَ الشَّبَابِ مَنْ أَسْتَطَاعَ الْبَاءَةَ فَلْيَتَرْوَجْ، فَإِنَّهُ أَغَضُّ لِلْبَصَرِ، وَأَحْسَنُ لِلْفَرْجِ،  
وَمَنْ لَمْ يَسْتَطِعْ فَعَلَيْهِ بِالصَّوْمِ، فَإِنَّهُ لَهُ وِجَاءُ".

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"O young people! Whoever among you can marry, should marry, because it helps him lower his gaze and guard his modesty (i.e. his private parts from committing illegal sexual intercourse etc.), and whoever is not able to marry, should fast, as fasting diminishes his sexual power."

Bukhari 5066 transmitted it.

Ibn Abbas reported: The Messenger of Allaah, ﷺ said,

لَمْ نَرِ لِلْمُتَحَابَيْنِ مِثْلَ النَّكَاحِ

"We do not see for those who love one another anything like marriage."

Ibn Mājah 1847 transmitted it authenticated by Shaykh Al-Albaanee 1509.

### Question 051

What are the benefits of marriage?

### Answer

1. It protects you from zinaa.
2. It brings tranquility.

3. Having righteous children to make du'a for you after death, in shaa Allaah.

### **Benefit**

Don't be shy to do a righteous action because you are the only one doing it from the crowd.

### Question 052

What are the dangers of zinaa?

### Answer

1. Allaah removes Eemaan from the person at the point of him/her doing zinaa.
2. Their punishment in the fire is intense.
3. The lady stands a risk of unwanted pregnancy and deadly diseases.

### **Benefits**

So, whatever you do: stay away from zinaa (by all means like lower your gaze virtually and literally, don't have a boyfriend(s)) and speak to your father or walee.

Stay away from sins and don't be shy if you are standing alone in the crowd!

Question 053

What responsibilities do you have as a Wife?

Answer

Obey your husband without disobedience to Allaah. Obedience to him would take precedence over your parents once you are married.

Al-Husayn ibn Muhsin narrated that his paternal aunt came to the Prophet ﷺ for something and he dealt with her need, then the Prophet ﷺ said:

"أَذَاتُ زَوْجِ أَنْتِ ؟" قَالَتْ : نَعَمْ. قَالَ : " كَيْفَ أَنْتِ لَهُ ؟ " قَالَتْ : مَا آلُوهُ إِلَّا مَا عَجَزْتُ عَنْهُ. قَالَ : " فَإِنَّمَا هُوَ جَنَّتُكِ وَنَارُكِ ".

"Do you have a husband?" She said, "Yes." He said: "How are you with him?" She said, "I do not neglect any of his rights except those I am unable to fulfil." He said: "Look at how you are with him, for he is your paradise and your hell" – i.e., he is the cause of you entering Paradise if you fulfil his rights and the cause of your entering Hell if you fall short in that.

Ahmad 19003 brought it in his Musnad and was authenticated by al-Albaani in Saheeh al-Targheeb wa'l-Tarheeb, no. 1933.

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Ali Ibn Abi Toolib narrated that the Prophet ﷺ said:

"لَا طَاعَةٌ لِمَخْلُوقٍ فِي مَعْصِيَةِ اللَّهِ عَزَّ وَجَلَّ".

There is no obedience to a created being in disobedience to Allaah. عز وجل.

Ahmad 1095 transmitted it.

### Question 054

What responsibilities do you have as a mother?

### Answer

The responsibilities you have as a mother is to nurture your children on the fitrah of Islaam.

Allaah says:

(يَأَيُّهَا الَّذِينَ آمَنُوا قُوْمٌ أَنفُسَكُمْ وَأَهْلِيْكُمْ نَارًا وَقُوْدُهَا النَّاسُ وَالْحِجَارَةُ عَلَيْهَا مَلَيْكَةٌ غِلَاظٌ شِدَادٌ لَا يَعْصُوْنَ اللَّهَ مَا أَمْرَهُمْ وَيَفْعَلُوْنَ مَا يُؤْمِرُوْنَ)

O you who believe! Ward off from yourselves and your families a Fire (Hell) whose fuel is men and stones, over which are (appointed) angels stern (and) severe, who disobey not, (from executing) the Commands they receive from Allaah, but do that which they are commanded.

It was narrated from Ibn 'Umar that the Prophet ﷺ said:

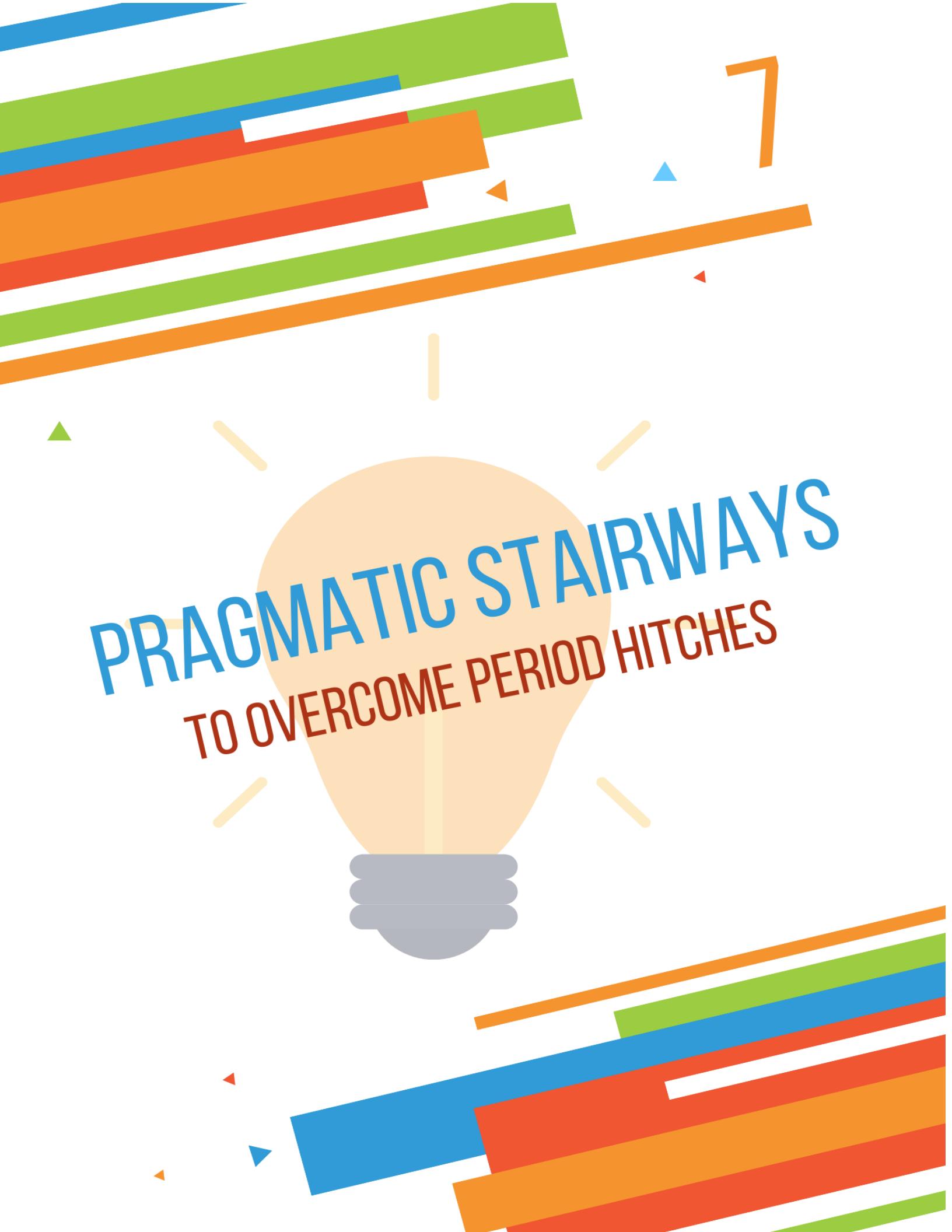
أَلَا كُلُّكُمْ رَاعٍ، وَكُلُّكُمْ مَسْئُولٌ عَنْ رَعِيَّتِهِ، فَالْإِمَامُ الَّذِي عَلَى النَّاسِ رَاعٍ، وَهُوَ مَسْئُولٌ عَنْ رَعِيَّتِهِ، وَالرَّجُلُ رَاعٍ عَلَى أَهْلِ بَيْتِهِ، وَهُوَ مَسْئُولٌ عَنْ رَعِيَّتِهِ، وَالْمَرْأَةُ رَاعِيَةٌ عَلَى أَهْلِ بَيْتٍ رَوْجَهَا وَوَلَدِهِ، وَهِيَ مَسْئُولَةٌ عَنْهُمْ، وَعَبْدُ الرَّجُلِ رَاعٍ عَلَى مَالِ سَيِّدِهِ، وَهُوَ مَسْئُولٌ عَنْهُ، أَلَا فَكُلُّكُمْ رَاعٍ، وَكُلُّكُمْ مَسْئُولٌ عَنْ رَعِيَّتِهِ ."

"Each of you is a shepherd and each of you is responsible for his flock. The ameer (ruler) who governs the people is a shepherd and is responsible for his flock. A man is the shepherd of the members of his household and is responsible for them. A woman is the shepherd of her husband's house and children and is responsible for them. A slave is the shepherd of his master's wealth and is responsible for it. Each of you is a shepherd and each of you is responsible for his flock.

(Narrated by al-Bukhaari, 7138; and Muslim, 1829).

End of this part with all thanks to Allaah.

## **7. Pragmatic Stairways To Overcome Period Hitches.**



# PRAGMATIC STAIRWAYS TO OVERCOME PERIOD HITCHES

## PRAGMATIC STAIRWAYS TO OVERCOME PERIOD HITCHES.

بسم الله الرحمن الرحيم

## Introduction

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ رَضِيَ اللَّهُ عَنْهُ أَنَّهُ قَالَ: **إِذَا دَعَوْتُكُمْ إِلَيِّنِي فَلَا تَرْكُبُوا إِلَيْنِي**

ٍ "أَنْتُمْ أَعْلَمُ بِأَمْرِ دُنْيَاكُمْ".

You have better knowledge (of a technical skill) in your worldly affairs.

Muslim 2363 transmitted it.

## Question 055

## How do I choose the correct underwears?

## Answer

The best choice for underwears is cotton which absorbs moisture to prevent infection in shaa Allaah ta'aala.

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### Question 056

How do I disinfect my underwear?

Answer

Pour water into ash and let it settle.

Distill the solution and use the water to soak your underwears.

Dry under the sun in a private place.

**Tip:**

Hide them under a veil if there is no private place to dry them.

OR

Soak with disinfectant, rinse and dry under the sun.

### Question 057

What are disposable Sanitary pads and cotton pads.

### **DISPOSABLE SANITARY PADS:**



### **Health wise**

The upper layer is designed to make women feel dry. Though they are convenient to use, they can be toxic. Research has shown that scented and unscented pads emit toxic chemicals. These chemicals are disclosed on the product by the manufacturer.

Most women using disposables avoid changing pads frequently, for multiple reasons including the cost of pads, no place to change and no place to dispose of the used Pads, some end up using one pad for a day and such women are exposed to discomfort, skin infections and rashes posing several health risks.

### **Hygiene wise**

Pads can lead to bacterial growth if used for a long time. Hence one should change it in every 4-6 hours. Once the soiled pad comes in contact with air, it also emits an odor.

### **Comfort wise**

They feel soft, dry. They come in a shape and size suitable according to day, night, and physical structure. Also, they are leak-proof making woman free of worry of stains on clothes.

### **Convenience wise**

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Though pads are easy to use and seem as a convenient option.

### **Cost wise**

One has to buy them again and again.

A person needs 8-10 pads a month It means a person has to spend frequently.

### **COTTON PADS**



### **Health wise**

It is made of natural cotton fiber, hence, no health risks reported in shaa Allaah ta'aalaa. The fabric is breathable thus avoids rashes and reactions on the skin. They are completely chemical-free hence save from risks which chemicals pose on body.

### **Hygiene wise**

There is risk of infection and rashes if they are not dried properly. If they are dried before using, they shouldn't cause any issues in shaa Allaah ta'aalaa.

### **Comfort wise**

As it's mostly cotton, it's soft and attractive. It comes in a variety of colors and one need not worry about stains being seen while drying. It comes in different shapes, sizes according to comfort, body size and amount of flow it can absorb.

### **Convenience wise**

They are convenient as once purchased, they can be reused for 2-3 years. The cotton material is durable and if cared properly can stay soft for a long time. They have to be washed and sun-dried. Disposal is not an issue as they degrade like any cotton cloth.

### **Cost wise**

A woman needs 5-6 pads to manage her periods well and can be reused for 3 years. It saves a lot of money compared to disposable pads.

## **Reference**

<https://thelogicalindian.com/story-feed/awareness/sanitary-menstrual-pads/?infinitescroll=1>

### **Question 058**

**How do I wear a pad?**

### **Answer**

A disposable pad is worn by placing the bigger part at the top of your pant and attaching the wings to the sides.

A reusable cotton pad is worn by neatly folding the cotton piece into a long rectangularly shaped form and placing it on a pant. Be sure to wear an underwear that would hold it firmly.

### **Question 059**

**How do I dispose of a pad?**

### **Answer**

A disposable pad should be sealed in a Nylon bag to be burned, buried or disposed neatly not to be put in the toilet!

### **Question 060**

**What hygiene products can I use that are found in the home?**

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### Answer

#### **Alum:**



Simply wet a rock of alum with water and rub on your armpits or dilute alum with water into a paste and apply on your armpits as a deodorant.

#### **Apple Cider:**



Dilute equal parts of water and apple cider to be used as a face cleanser.

**Henna:**



Scrub your skin with a henna paste to exfoliate.

Boil henna leaves or powder and sieved. Use as a conditioner for your hair. Also save some in a spray bottle to keep your hair moist every morning.

**Question 061**

Could you kindly show us some products mentioned in the Sunnah to be used during menstruation?

Some products mentioned in the Sunnah include

**Al-Musk**



Aaishah رضي الله عنها narrated that a woman asked the Prophet صلی الله علیہ وسلم about her Ghusl from Hyde, and he commanded her on how to do ghusl:

"خُذِي فِرْصَةً مِنْ مَسْكٍ فَتَطَهَّرِي بِهَا". قَالَتْ : كَيْفَ أَتَطَهَّرُ بِهَا؟ قَالَ : "تَطَهَّرِي بِهَا". قَالَتْ : كَيْفَ؟ قَالَ : "سُبْحَانَ اللَّهِ، تَطَهَّرِي". فَاجْتَبَدْتُهَا إِلَيَّ، فَقُلْتُ : تَتَبَّعِي بِهَا أَثَرَ الدَّمِ.

"Take a piece of cloth scented with musk Purify yourself with it." The woman asked, "How shall I purify myself with it" He said, "SubhanAllaah! Purify yourself (with it)." I pulled her to myself and said, "Rub with it the place soiled with blood."

Agreed upon (Bukhari 314 and Muslim 332).

### **Important note:**

Musk in its pure form can be black or red in color. As for white musk, then this is not in its natural form, rather a chemical has been added to it. Therefore, white musk SHOULD NOT be used in the private area!!

### **Reference**

Reviving the Sunnah of The Black Musk.

Compiled by Umm Hyatt حفظها الله.

Question 062

What are some beneficial uses of olive oil during menstruation?

Answer



A benefit of applying olive oil to your pads and pant area is that it prevents moisture from gathering and it serves as an antibacterial agent as it decreases the growth of harmful bacteria in shaa Allaah ta'aalaa.

Question 063

What are some tips about Shaving?

Answer



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Shave from what is permissible i.e. public hair, armpit hair, beard or moustache that grow for women.

Do not shave your eyebrows, trim your eye lashes or cut your hair.

Choose the best Shaving method that suits your skin to avoid rashes.

Avoid Shaving powder at the genital area.

### Question 064

How do you disinfect after Shaving?

### Answer

Use a cotton wool dabbed in apple cider vinegar or methylated spirit and follow the shaved area to disinfect cut. Do note that it will sting.

End of this part with all thanks to Allaah.

And this ends the book and All praise is due to Allaah.

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهُدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ.

*A Salutary Gift To The Young Muslimah*

**The book before you is titled: " A Salutary Gift To The Young Muslimah: Preparing Her on Her Journey to Puberty and Womanhood". It was intended as course material for a two (2) day workshop.**

**This is a gift to the young Muslimah preparing her for adulthood in its various set ups.**

**Having taught the course in various states, we decided to come up with a comprehensive material that would be used during these workshops. We also intend that it can serve as a guide to other parents or guardians to teach their respective to be tweens, teens and young Muslimahs about these topics.**

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